

Keto Cupcakes with Swiss Meringue Buttercream Frosting

Hands-on 30 minutes Overall 50 minutes

Nutritional values (per serving, cupcake): Total carbs: 6.9 g, Fiber: 2.3 g, **Net carbs: 4.6 g**,

Protein: 10.6 g, Fat: 41.9 g, Calories: 441 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 12 servings)

Muffins:

- 1 stick unsalted melted butter, [ghee](#) or [coconut oil](#), melted (113 g/ 4 oz)
- 1/2 cup unsweetened [almond milk](#) (120 ml/ 4 fl oz)
- 5 large eggs
- 1 tbsp sugar-free [vanilla extract](#) (15 ml)
- 2/3 cup granulated [Erythritol](#) or [Swerve](#) (135 g/ 4.8 oz), or to taste
- 2 cups [almond flour](#) (200 g/ 7.1 oz)
- 1/3 cup [coconut flour](#) (40 g/ 1.4 oz)
- 1/4 cup [whey protein powder](#) or egg white protein powder (25 g/ 0.9 oz)
- 1 1/2 tsp [gluten-free baking powder](#)
- 1/4 tsp sea salt

Swiss meringue buttercream frosting:

- 6 large egg whites
- 2 cups granulated [Allulose](#) or [Erythritol](#) or [Swerve](#) (400 g/ 14.1 oz)
- 3 sticks unsalted butter, cut into cubes (340 g/ 12 oz)
- 2 tsp sugar-free [vanilla extract](#)
- pinch of sea salt
- Optional:* [freeze-dried raspberry powder](#) or freeze-dried crumbled raspberries to sprinkle on top

Instructions

1. To make the [Keto Blender Vanilla Muffins](#), preheat the oven to 160 °C/ 320 °F (fan assisted), or 180 °C/ 355 °F (conventional). Place everything for the muffins in blender, wet ingredients first. Process until smooth. If any of the dry ingredients get stuck on the sides, use a spatula to scrape them and process again.
2. Divide the mixture between 12 lightly greased cupcake moulds or

use silicone cups like I did (no greasing needed). Bake for 20 - 25 minutes or until an inserted skewer comes out clean.

3. Allow to cool in the pan for 5 minutes, then move to a cooling rack to cool completely before decorating.
4. While the muffins are cooling, prepare the buttercream frosting by following this [Keto Swiss Meringue Buttercream](#) recipe. You can use Allulose, Erythritol or Swerve to make it.
5. Add the buttercream to a piping bag and pipe onto the cooled cupcakes.
6. Optionally, dust with a little freeze-dried raspberry powder or sprinkle with crumbled freeze-fried raspberries. You can even use a few drops of red food coloring for a nice pink hue.
7. Store in the fridge for 4 days or freezer for 3 months. *Note: If not piping the Swiss Meringue Buttercream, you can half the mix and just spoon on a little frosting.*

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