Keto Double Chocolate Muffins

Hands-on 15 minutes Overall 35-40 minutes

Nutritional values (per serving, 1 muffin): Total carbs: 11.9 g, Fiber: 6.3 g, **Net carbs: 5.5 g**,

Protein: 9 g, Fat: 19 g, Calories: 237 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 8 muffins)

Dry ingredients:

1/3 cup coconut flour (40 g/ 1.4 oz)

1 cup almond flour (100 g/ 3.5 oz)

1/3 cup unsweetened cacao powder (30 g/ 1.1 oz)

1/2 cup Erythritol *or* Swerve (80 g/ 2.8 oz)

1 tsp cinnamon

1 tsp baking soda

2 tsp cream of tartar

1/3 cup dark chocolate (85% cacao or more), roughly chopped (60 g/2.1 oz)

Wet ingredients:

2 medium ripe avocados (250 g/ 8.8 oz)

15 to 20 drops stevia

4 large eggs

2 tbsp coconut milk *or* heavy whipping cream (30 ml)

Instructions

1. Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). Halve, deseed, and peel the avocados and place them into a food processor. Pulse until smooth and creamy.

2. Sift together the coconut flour, almond flour, and cacao powder. Add the erythritol, cinnamon, baking soda, and cream of tartar and mix well.

3. Add the liquid stevia, eggs, coconut milk, and pureed avocado and process until well combined.

4. Finally, roughly chop the chocolate and add to the mixture. Reserve a few pieces for topping.

5. Scoop the muffin batter into a silicon muffin pan or a regular muffin pan lined with paper cups greased with a small amount of coconut oil or ghee.

6. Top with the reserved chocolate pieces and place in the oven. Bake for about 25 minutes or until the tops are crispy and the muffins are firm.

7. Remove from the oven and let the muffins cool on a rack before serving. Keep at room temperature covered with a kitchen towel for up to three days or place in an airtight container and refrigerate for longer.

More great content on KetoDietApp.com

Keto calculator

Best keto recipes

Complete keto diet food list

Expert articles & ketogenic guides

Keto Diet App

Free & premium keto diet plans