

Quick Keto Eggless English Muffin

Hands-on 5 minutes Overall 10 minutes

Nutritional values (per serving, 1 muffin): Total carbs: 7 g, Fiber: 4.4 g, **Net carbs: 2.6 g,**

Protein: 5.9 g, Fat: 24.5 g, Calories: 263 kcal,

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



Ingredients (makes 1 muffin)

1 tbsp melted unsalted butter, ghee or coconut oil (15 ml)

1 tbsp ground flaxseed (7 g/ 0.2 oz)

3 tbsp water (45 ml)

3 tbsp blanched almond flour (18 g/ 0.6 oz)

1/2 tbsp coconut flour (4 g/ 0.2 oz)

pinch of sea salt

1/2 tsp gluten-free baking powder

Instructions

1. Melt the butter in a ramekin in the microwave just until melted. To prepare the "flax egg", mix the flax meal and water.
2. Place the almond flour, coconut flour, salt, baking powder and melted butter in a ramekin.
3. Stir in the "flax egg" and microwave for 1 minute, repeat in 30 second increments until firm (2-3 minutes).
4. Use a spatula to loosen the edges and invert. Slice in half and toast if desired. Serve immediately. *Tips for cooking in the oven: If you don't have a microwave, I suggest you make 4-8 servings at once. Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional) and cook for about 10 minutes or until cooked in the centre. Update: based on feedback, you may need to add an extra 5 minutes as eggless muffins may take longer to set.*

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