

Quick Pesto Mug Muffin

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving, 1 muffin): Total carbs: 13.9 g, Fiber: 9.4 g, **Net carbs: 4.5 g**,

Protein: 16.4 g, Fat: 46.2 g, Calories: 511 kcal,

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



Ingredients (makes 2 servings)

Muffins:

1/4 cup [almond flour](#) (25 g/ 0.9 oz)

1/4 cup [flaxmeal](#) (38 g/ 1.3 oz)

1/4 tsp [baking soda](#)

1 large egg

2 tbsp heavy whipping cream *or* [coconut milk](#) (add 1 tbsp water if too thick)

2 tbsp pesto, I used [Homemade Red Pesto](#) (30 g/ 1.1 oz)

sea salt, to taste

Filling:

2 tbsp cream cheese (30 g/ 1.1 oz)

1/2 medium avocado, sliced (75 g/ 2.6 oz)

4 slices crisped up Pancetta or bacon (60 g/ 2.1 oz)

Optional: sliced tomatoes or crispy greens to serve with

Instructions

1. Place all the dry ingredients in a small bowl and combine well.
2. Add the egg, cream, and mix well using a fork. Add a dash of water if it's too thick.
3. Add the pesto. Combine well and place in two single-serving ramekins.
4. Microwave on high for 60-90 seconds. Let the ramekins cool before filling. Cut the muffins in half. Spread cream cheese on both halves and top with sliced avocado and crisped up bacon slices. Enjoy!

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