

# Super Simple Almond Flour Keto Muffins

Hands-on 10 minutes Overall 30 minutes



**Nutritional values (per serving, 1 muffin):** Total carbs: 4.7 g, Fiber: 2.1 g, **Net carbs: 2.6 g,**

Protein: 6.1 g, Fat: 17.4 g, Calories: 191 kcal,

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

## Ingredients (makes 12 muffins)

- 2 1/2 cups [almond flour](#) (250 g/ 8.8 oz)
- 2/3 cup granulated [Erythritol](#) or [Swerve](#) (135 g/ 4.8 oz), or to taste
- 1 tsp [gluten-free baking powder](#)
- 3 large eggs, lightly beaten
- 1/3 cup unsalted melted butter, [ghee](#) or [coconut oil](#) (80 ml/ 2.7 fl oz)
- 2/3 cup unsweetened [almond milk](#) (160 ml/ 5.4 fl oz)
- 1 tsp sugar-free [vanilla extract](#)

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## Instructions

1. Preheat the oven to 180 °C/ 355 °F (conventional), or 160 °C/ 320 °F (fan assisted).
2. In a large bowl combine the dry ingredients and mix to combine.
3. In another bowl, mix all of the liquid ingredients: melted butter, almond milk, eggs and vanilla. Mix in the dry ingredients.
4. Divide the mixture between 12 greased muffin cups (medium muffins, about 65 g/ 2.3 oz batter per muffin), or use a silicon muffin tray (no greasing needed).
5. Bake 20-25 mins or until an inserted skewer comes out clean.
6. Allow to cool in pan 5 minutes, then move muffins to a cooling rack to cool completely before eating.
7. Store in a sealed container at room temperature up to three days, or in the fridge up to a week. These low-carb muffins also freeze well for up to 3 months.

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