

Keto Apple 'Bran' Muffins



Calling all bran muffin lovers! You don't want to miss out on this keto version. Take it up a notch by adding some fresh green apple and crunchy nuts for a delectable twist.

Instructions

Preheat oven to 350. Line a muffin tray with 10 parchment liners.

Sift dry ingredients into a bowl or stand up mixer.

Melt butter and whisk eggs.

Add eggs, melted butter and maple syrup to dry ingredients. Stir to combine. The mixture will start to thicken.

Add in milk or cream and continue to stir.

Fold in apples and nuts.

Use an ice cream scoop to fill each of the ten parchment muffin liners. If you're not using parchment liners, make sure to apply cooking spray to avoid sticking.

Bake for 25 - 28 minutes, until toothpick is clean. If not using apples in batter then bake 23 - 25 minutes

Ingredients

- 1/2 cup golden flax meal
- 1/3 cup coconut flour
- 1 tablespoon cinnamon
- 2 teaspoons baking powder
- 3 tablespoons sweetener
- pinch of salt
- 3 eggs
- 1/4 cup melted butter
- 1/2 cup almond milk or cream
- 2 Tablespoons Ideal Protein Sugar Free Maple Syrup
- 1/4 cup diced green apple
- * optional 1/4 cup chopped walnuts