



# Keto Lemon Poppyseed Muffins

For those on a keto diet, looking to increase your heart-healthy omega 3 fats, these muffins are a great option!

## Ingredients

- ¾ cup almond flour
- ¼ cup golden flaxseed meal
- ¼ cup erythritol/stevia mix (like Pyure)
- 1 teaspoon baking powder
- 2 tablespoons poppy seeds
- ¼ cup salted butter, melted
- ¼ cup heavy cream
- 3 large eggs
- Zest of 2 lemons
- 3 tablespoons lemon juice
- 1 teaspoon vanilla extract
- 25-30 drops liquid Stevia, depending on desired sweetness

## Instructions

Pre-heat oven to 350F. In a bowl, combine almond flour, flaxseed meal, erythritol, and poppy seeds together. Stir in the melted butter, eggs, and heavy cream until smooth. Then add the baking powder, vanilla, stevia, lemon zest, and lemon juice. Mix again until well combined.

Measure the batter out equally between 12 cupcake molds. Bake for 18-20 minutes or until slight browning appears. Remove from the oven and let cool for about 10 minutes on the counter. Place in an airtight plastic container and keep in the fridge. (I prefer these cold.)

***This makes a total of 12 muffins, but I like to double the batch and make 24. These keep for a week in the fridge and can be frozen. Each muffin comes out to be 100 calories (12g fats, 2g net carbs, and 4g protein).***