

Mini Lemon Muffins

Ingredients

- 1 large sweet lemon (zest & sections)
- 3 eggs
- 1 cup finely ground almond flour
- ½ tsp baking powder
- 4 Tbls sugar substitute for baking
- ½ tsp vanilla
- Pinch of salt



Directions

1. Preheat an oven to 350F.
2. Spray non-stick mini muffin tin or line each with paper/foil cups.
3. Remove zest from lemon and set aside. Peel lemon and separate sections. Remove any seeds from the sections.
4. Put lemon sections in food processor bowl and pulse for several seconds until pureed.
5. Add remaining ingredients and blend until smooth.
6. Stir in lemon zest.
7. Spoon batter into each cup.
8. Bake for 10-12 minutes.

Makes 24 mini muffins

Nutrition Facts: (per muffin)
Calories 35
Total Fat 3g
Total Carbohydrates 1.5g
Dietary Fiber .5g
Protein 2g

Adapted from DitchTheCarbs.com