

1 Minute Keto Muffins (cheese & spinach)

6 servings. Ready in 5 min.

Ingredients

Raw Egg, 5 extra large (280 g)

100% organic coconut flour, 1 Cup (128 g)

Cheddar Cheese, 1 cup, shredded (113 g)

Spinach, 1 cups (29 g)

Leavening agents, baking soda, 1 tsp (5 g)

Salt, sea, 1 teaspoon (5 g)

Instructions/Preparation

1. Grease a microwave safe 6 muffin pan with butter (e.g silicon)
2. Mix the eggs, flour, baking soda & salt together with a fork until there are no lumps
3. Add baby spinach and grated cheese
4. Add a heaped tablespoon of mixture to each muffin hole
5. Microwave on high for 2-3 minutes until cooked

Extra comments/notes

Instead of spinach and cheese, try adding dark choc chips for a sweet option

Original source

<https://www.ditchthecarbs.com/1-minute-keto-muffins/>



