



KETO BLUEBERRY MUFFIN RECIPE

There are some foods that just make the weekend mornings taste that much better. After my successful [Keto Almond Poppyseed Bread Recipe](#), I figured that with some adaptation that could be turned into a Keto Blueberry Muffin Recipe too. Not only was it easy to whip up, they came out hot and delicious! My kids are really liking all of these new recipes, because I probably haven't baked this frequently in my life until I started experimenting with ways to make keto versions of just about everything.

If you can find the smaller blueberries, that would be best. I bought my blueberries at Costco, and they only seemed to have the gigantic ones. The smaller they are, the better so that you don't have as many soft blueberry spots throughout your muffins. Also, make sure they are fresh too.

This Blueberry Muffin recipe yields 12 Muffins, so if you want to make more or less just adjust the measurements as required. If you are making these in advance, they should keep well on the counter or in the fridge for at least a couple days as long as you put them in an air tight container or Ziploc bags. Also, the cupcake liners are totally optional. If you trust your non-stick pan feel free to cook them directly in it without the cupcake liners.

ALMOND FLOUR SUBSTITUTION: Every time I show a recipe with [Coconut Flour](#) I inevitably get asked if it can be made with [Almond Flour](#) instead, and vice versa. YES, you can make this with Almond Flour but you will need to triple the amount of flour that I use when using the coconut because Almond Flour and Coconut Flour do not directly swap out for each other by measurement.



KETO BLUEBERRY MUFFIN RECIPE

Ease of Preparation: Easy

Prep Time: 10 Minutes

Cooking Time: 40 Minutes

Total Time: 50 Minutes

Nutrition Facts	
12 servings per container	
Serving size	1 Muffin
Amount Per Serving	
Calories	210
<small>% Daily Value*</small>	
Total Fat 14g	18%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 175mg	58%
Sodium 160mg	7%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 6g	12%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients:

- 3/4 Cup Coconut Flour (Plus 2 Additional TBSPs)
- 9 Large Eggs
- 12 TBSP Salted Butter (Melted)

- 1 & 1/4 Cup Fresh Blueberries
- 3/4 Cup Lakanto Monkfruit Sweetener
- 1 TBSP Vanilla Extract
- 3 TBSP Heavy Whipping Cream
- 1/2 Teaspoon Salt
- 2 Teaspoons Baking Powder
- 2 TBSP Lemon Juice
- 1/2 Teaspoon Xanthan Gum (optional)

Instructions:

1. Coat the Blueberries in 2 TBSP Coconut Flour and set aside.
2. In a Large Mixing Bowl combine the Coconut Flour, Lakanto Monkfruit Sweetener, Salt, and Baking Powder and then stir these dry ingredients together until evenly distributed.
3. Add in the Vanilla Extract, Lemon Juice, Heavy Whipping Cream, Melted Butter, and Large Eggs and blend together for a couple minutes with a hand mixer on high speed.
4. Add Xanthan Gum to the mix, and mix with the hand mixer again for about 1 minute. The Xanthan Gum is used to thicken the batter and bond it together better. It is optional, but it is a great binder in gluten-free recipes.
5. Pour the Blueberry mixture into the batter and fold the Blueberries in gently with a spatula until evenly distributed. It may not look like enough Blueberries at first, but it will be when you see the finished muffins.
6. Get a Muffin Pan that can make 12 normal size muffins/cupcakes. If you trust your non-stick pan to not have the muffins stick to it that is best, but otherwise feel free to use cupcake liners like I did in the video. If you plan on storing the muffins for a couple days the cupcake liners might be a good idea anyhow.
7. Bake the cupcakes for about 30 to 40 minutes at 350°F in the oven. Cooking times will vary, but you want to cook them until they pass the toothpick test and feel cooked all the way through. It's even okay if you let them get a little light brown in color on the top.
8. Remove from the oven and set Blueberry Muffins on the counter to cool off. If you used cupcake liners you will want to let the blueberry muffins cool down completely before trying to remove the cupcake liners, otherwise you may end up tearing your muffins apart.
9. I like to serve my Blueberry Muffin with Salted Butter, but feel free to eat them just as they are if you don't want butter on yours.

