

Easy Protein Muffins – Orange & Ginger

Makes: 12 Muffins

Ingredients

- 175g ground almonds
- 50g coconut flour
- 2 teaspoons baking powder
- 60g butter/spread (melted)
- 4 eggs
- 100g Xylitol or Coconut sugar (low carb sweetener available in health food shop)
- 1 tsp ground ginger
- 1 med orange (You'll be grating the rind and juicing half of the orange)



Instructions

1. Preheat oven 350F/180C
2. Grease muffin tins or muffin cases (Silicon ones work very well)
3. Add ground almonds, coconut flour, baking powder, Xylitol and ginger into a mixing bowl.
4. Grate the rind of the orange into the bowl and mix all ingredients together.
5. Add the eggs, melted butter and the juice of half of the orange.
6. Whisk all ingredients together to form a thick batter.
7. Pour mixture into muffin tin/cases (about ½ to ⅔ full)
8. Bake for 15/20 minutes until nicely browned on top.

Leave to cool on a wire rack. Perfect for freezing.

Approx Nutrition information:

Each muffin:	
Kcal	150
Fat	7g
Net Carbs	3g
Protein	6g