



Healthy Keto with  
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MOVING TO AN HEALTHIER LIFESTYLE

# Muffins

*Chocolate Chip, Pecan & Cashews*  
(Low Carb Keto)

This is a very delicious Low Carb Keto Muffin. It's a great snack idea for when you're travelling, for school, work or whenever your pressed for time and need a healthy filling snack.



NUTRITION Calories: 166kcal |  
Carbohydrates: 6g | Protein: 8g | Fat: 14g |  
Saturated Fat: 0g | Fiber: 3g | Sugar: 1g

## Ingredients:

2 1/2 Cups almond flour  
1 teaspoon Baking soda  
1/4 teaspoon salt  
1/2 Cup Granulated sweetener  
1/3 Cup Mix Cashews & Pecans (Optional)

3 Large eggs, beaten  
8 ounces Greek Yogurt  
2 teaspoons Vanilla Extract  
1 cup Sugar free Chocolate Chips

## Instructions:

1. Pre-heat the oven to 400F
2. Line a 12 cup muffin pan with liners.
3. Spray the inside of the liners with cooking spray.
4. In a large mixing bowl, combine the almond flour, baking soda, salt and sweetener.
5. Add in the beaten eggs, greek yogurt and vanilla extract.
6. Fold in the chocolate chips.
7. Scoop the batter into the muffin cups evenly using a scoop.
8. Bake in the oven for 20 minutes or until a toothpick comes out clean.