



Healthy Keto with
Jim Colbourne
MOVING TO AN HEALTHIER LIFESTYLE

Dutch Chocolate Cupcakes

4g NET Carbs (Low Carb Keto)

This recipe is super easy and will ELIMINATE all cravings for chocolate and sweets while maintaining a low carb healthy lifestyle. This Dutch Chocolate Cupcakes (LOW CARB KETO) is full of Chocolate and sweetness while removing the sugars and high carbs. It's definitely a great way to enjoy sweets without the guilt!



8 cupcakes - 1 serving = NET CARBS: 4.0g FIBER: 5g
FAT: 25g PROTEIN: 10g CALORIES: 399

INGREDIENTS

Cupcakes

1 $\frac{3}{4}$ cups blanched almond flour
 $\frac{1}{3}$ cup unsweetened Dutch cocoa powder
 $\frac{1}{2}$ cup monkfruit sweetener
1 teaspoons baking powder
pinch of salt
2 large eggs at room temperature
1 teaspoon vanilla extract
 $\frac{2}{3}$ cup plain Greek yogurt

Icing

$\frac{1}{4}$ cup unsalted butter at room temperature
3 tablespoons unsweetened Dutch cocoa powder
 $\frac{1}{2}$ cup monkfruit sweetener
 $\frac{1}{2}$ teaspoon (3mL) vanilla extract
 $\frac{1}{4}$ cup heavy whipping cream at room temperature

Instructions:

1. Add all cupcake ingredients to mixing bowl and mix.
2. Add mixture to cupcake pan with liners. Add evenly to 8 cupcake liners.
3. Bake at 350°F for 18-20 minutes or until toothpick tested is cleared of batter.
4. Let cool before adding icing.
5. While the cupcakes are baking, add all icing ingredients to a bowl and mix.
6. When Cupcakes is completely cooled add icing to each cupcake.
7. Add nuts or a piece of fruit to the top of each cupcake. Enjoy.