



## Paleo Lemon Poppyseed Muffins

**Active Time:** 10 minutes | **Total Time:** 30 minutes | **Serves:** 9

### Nutrition Information Per Serving

150.4 calories, 10.16 g carbohydrate, 2.15 g fiber, 2.68 g NET carbs, 5.59 g protein, 12.54 g fat

### Ingredients

- 1 1/2 cup(s) Miracle Mix
- 4 Tbsp(s) Keto Sweet
- 1/2 cup(s) Kalona Organic Sour Cream (Whole)
- 4 large(s) pastured eggs
- 2 tsp(s) lemon zest
- 2 Tbsp(s) lemon juice
- 1 tbsp poppy seeds
- 1 tsp vanilla extract

### Preparation

1. Preheat oven to 350 F. Prepare a muffin pan with unbleached cupcake liners.
2. In a medium bowl, add the eggs, sour cream, lemon juice, lemon zest and vanilla. Beat with a hand mixer for 1 minute to combine.
3. Add Miracle Mix and Keto Sweet. Blend again for 1 minute until smooth and creamy.
4. Stir in the poppy seeds and distribute evenly among cups.
5. Transfer to the oven and bake 18-22 minutes or until tops are golden and a toothpick inserted into the center comes out clean.
6. Cool on a wire rack.

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