



Keto Yeasted Streusel Muffins

Active Time: 10 minutes | **Total Time:** 45 minutes | **Serves:** 8

Nutrition Information Per Serving

239.8 calories, 14.39 g carbohydrate, 3.27 g fiber, 3.62 g NET carbs, 7.3 g protein, 21.23 g fat

Ingredients

- 1 1/2 cup(s) Miracle Mix
- 5 Tbsp(s) Keto Sweet
- 1/2 cup(s) Kalona Organic Sour Cream (Whole)
- 4 large(s) pastured eggs, room temp.
- 2 tsp(s) vanilla extract
- 1 tsp active dry yeast
- 1 Tbsp cinnamon
- 1/2 cup(s) raw walnuts
- 2 Tbsp(s) grass-fed butter, melted

Preparation

1. In the container of a Magic Bullet or small food processor, add the walnuts, cinnamon and 2 Tbsp. Keto Sweet. Pulse to a uniform consistency. Drizzle in the butter, stir to combine and set aside.
2. Preheat oven to 350 F. Line a muffin pan with unbleached parchment paper liners.
3. In a medium mixing bowl, add the eggs, sour cream, vanilla, yeast and 3 Tbsp. Keto Sweet. Using a hand mixer, blend on medium speed to thoroughly combine.
4. Add the Miracle Mix and blend on medium speed for 1 minute to incorporate. You will have a thick batter.
5. Divide batter between muffin cups. Top with streusel.
6. Transfer to preheated oven and bake 20-22 minutes or until a toothpick inserted in the center comes out clean.
7. Let cool in the pan for 5 minutes. Then transfer muffins to a wire rack to continue cooling.

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