

Low-Carb Blueberry Muffins

A diabetic-friendly recipe

Ingredients:

- 1/2 cup yogurt
- 3 eggs
- 2 1/2 cups almond flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup erythritol or equivalent sweetener of choice
- Zest of 1 lemon
- 1 teaspoon fresh lemon juice
- 1/2 cup fresh or frozen blueberries



Directions

1. Preheat oven to 350°F. Line a muffin tin with paper muffin cups. Set aside.
2. Combine yogurt and eggs in a medium bowl. Stir in flour, baking powder, salt, and sweetener. Stir in lemon zest and lemon juice. Fold in blueberries.
3. Divide dough equally into each muffin cup, keeping each 2/3 of the way full.
4. Bake 25 minutes. Allow to cool before serving.

Makes 12 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.