

BLUEBERRY MUFFIN



Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	15 gm fresh whole eggs -----	1 (-1.0 gm fat) -----
	14.3 gm NOW Real Foods® almond flour	2.7 (-4.05 gm fat)
Fat	15 gm butter, softened (in muffin) -----	4 (-5.05 gm)
	10 gm butter (for topping)	2
Carbohydrate	8.5 gm fresh blueberries, chopped	1.3
Other	1/8 tsp. Da Vinci® sugar-free vanilla syrup	

DIRECTIONS

- Weigh the ingredients using a gram scale.
- Preheat oven to 350° F.
- In a small bowl, combine all ingredients (except butter on top).
- Stir until smooth.
- Grease a muffin pan or silicone mold with nonstick cooking spray.
- Scoop the batter into the greased mold.
- Bake for 15-20 minutes until the muffins become firm and golden in color.
- Allow to cool for 5-10 minutes, then gently remove the muffins from the pan.
- Serve topped with the butter.

VARIATIONS

- If the butter separates during the cooking process, let the muffins fully cool to re-absorb the fat.
- Alternatively, pumpkin or banana could be used in place of blueberries.