

ONION & CHEESE MUFFINS



	Ingredients	Exchanges
Protein	9.5 gm NOW Real Food® almond flour	1.8 (-2.7 gm fat)
	7.5 gm fresh, whole egg	0.5 (-0.5 gm fat)
	10.6 gm Colby jack cheese, shredded	1.4 (-1.4 gm fat)
Fat	11.3 gm mayonnaise	3 (-3.7 gm)
	14.1 gm butter, melted	3 (-0.9 gm)
Carbohydrate	12.5 gm raw onion, minced	1.3
Other	garlic powder, onion powder, pepper, salt	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat the oven to 350° F.
- Weigh the ingredients using a gram scale.
- In a small bowl, combine all of the ingredients.
- Season to taste with garlic powder, onion powder, salt and pepper.
- Stir thoroughly using a small rubber spatula.
- Grease a muffin pan or silicone mold with nonstick cooking spray.
- Evenly pour the batter into the muffin molds.
- Bake for 15-20 minutes until golden brown.
- Allow the muffins to cool slightly, then remove them gently from the mold using a small rubber spatula.
- Serve warm.

VARIATIONS

- This recipe is very forgiving; adjust as needed to your child's personal meal plan.
- Other cheeses such as mozzarella, Monterey jack, or cheddar can be used.
- Cheese may be substituted with animal proteins such as bacon, sausage or ham.
- This recipe can be frozen in an airtight storage bag for up to two months.