



SAVORY HOLIDAY MUFFIN

Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	4.6 gm Bob's Red Mill® almond flour	1 (-1 gm fat)
	3 gm raw egg	0.2 (-0.2 gm fat)
	18.3 gm raw ground turkey	2.5
Fat	18.8 gm butter, softened	4 (-1.2 gm)
	<i>Served on top or on the side</i>	2
Carbohydrate	21.2 gm canned carrots	1.3
Other	Dried rosemary, salt, and pepper	
	1 gm NOW Real Foods® psyllium husk powder	

DIRECTIONS

- Preheat the oven to 350° F.
- Drain the canned carrots, then puree using a food processor or mash using a fork.
- In a small bowl, weigh the ingredients together.
- Season with crumbled dry rosemary, salt, and pepper.
- Stir until smooth.
- Grease a mini muffin pan or silicone mold with nonstick cooking spray.
- Scoop the mixture into the mini molds dividing evenly; do not fill more than ¾ full.
- Bake for 25-30 minutes until golden brown on top.
- Remove from the oven and allow to cool for 10-15 minutes; butter must be reabsorbed before removing from mold.

VARIATIONS

- This recipe can be frozen for up to two months.
- Canned carrots can be substituted with mashed cauliflower or pureed squash.
- Psyllium husk powder should not be omitted; this ingredient helps hold the muffin together.
- Other raw meats such as ground chicken or ground sausage (no casing) can be used.