AMERICAN · DESSERT · SNACK

Fudgy Keto Chocolate Muffins with Almond Flour

25 min · Makes 12 × 1 muffin · 207 kcal a portion · Video 3:30 · Low Carb Recipes with Jennifer

Vegetarian · Gluten-free ingredients

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Almond flour, cocoa, eggs and butter with sugar-free chocolate chips and a granulated sugar substitute: about 4 g net carbs and nearly 6 g fibre a muffin.

Diet notes: Keto (4.2 g net carbs a serve).

Ingredients 13 · MAKES 12 × 1 MUFFIN

- [ ] 1½ cups **almond flour**
- [ ] ½ cup **granulated sugar-free sweetener**
- [ ] ½ cup **cocoa powder**
- [ ] 1 tsp **baking soda**
- [ ] 1½ tsp **baking powder**
- [ ] ½ tsp **kosher salt**
- [ ] ½ cup **butter**, melted
- [ ] 2 tsp **vanilla extract**
- [ ] 4 large **eggs**, beaten
- [ ] ⅔ cup **water**
- [ ] ½ cup **sugar-free chocolate chips**
- [ ] a few extra **sugar-free chocolate chips**, for the tops (optional)
- [ ] **oil spray**, for the paper cases (a light coat)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 400°F. In a bowl stir together the almond flour, sweetener, cocoa, baking soda, baking powder and salt. 0:21
2. Add the melted butter, vanilla, beaten eggs and water and stir until smooth. 0:52
3. Stir in the sugar-free chocolate chips. 1:21
4. Line a 12-cup muffin tin with paper cases, spray the insides lightly, and divide the batter evenly. Press a few extra chips on top if you like. 1:36
5. Bake 15–20 minutes (15 was enough for the cook), until a toothpick comes out clean. 2:20

> **Tip** Choose sugar-free chips sweetened with stevia or erythritol, not maltitol. Spraying the paper cases helps them peel off cleanly. They freeze well; thaw at room temperature.

The method is a summary in our words — the video shows every step.

One portion (1 muffin) gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
207 kcal	6.1 g	9.9 g
860 kJ	12% of a day	4.2 g net · 0.9 g sugars
		4% of a day

FIBRE	FAT	SODIUM
5.7 g	19 g	260 mg
20% of a day	7.7 g saturated	11% of a day
	24% of a day	

Energy from net carbs 8% · protein 11% · fat 81% — fits keto: 4.2 g net carbs, 81% of the energy from fat

High in (20%+ of a day) Vitamin E 24%

Source of (10–19%) Magnesium 15% · Selenium 11% · Iron 10% · Vitamin A 10%

Recipe and video: Low Carb Recipes with Jennifer (@lowcarbwithjennifer) on YouTube — youtube.com/watch?v=uRUQx3fYBew, published 13 September 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/fudgy-keto-chocolate-muffins