



Noreen's Kitchen

Garlic Cheese Muffins

Low Carb/Keto Friendly

Ingredients

2 cups almond flour	3 eggs
¾ cup sour cream	½ teaspoon salt
¾ cup shredded cheddar cheese	½ teaspoon garlic powder
¼ cup melted butter	1 tablespoon baking powder

Step by Step Instructions

Preheat oven to 400 degrees.

Prepare a muffin tin with either baking cups or by spraying or brushing with coconut oil.

Combine dry ingredients and whisk well to incorporate. Set aside.

In a large bowl, combine eggs, sour cream and melted butter. Whisk well until smooth.

Add dry ingredients and cheese to wet ingredients. Stir well to combine, being sure there are no pockets of dry flour.

Scoop, scant ¼ cups of batter into muffin tins, distributing as evenly as possible.

Bake for 25 to 30 minutes or until the muffins are risen slightly and golden brown.

Remove from oven and allow to rest in the pan for 10 minutes before removing to a rack to cool completely.

These can be split and used as a “biscuit” or as an accompaniment to soups or stews.

Store muffins in an airtight container for up to three days. These should not be made in advance and they should not be frozen. This recipe is best prepared on the day you wish to enjoy them and are fine for about two days after that.