



Pumpkin Muffins

3/4 cup pumpkin puree
3 cups almond flour
1/3 cup unflavored whey protein powder
2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1 ½ tsp cinnamon
1/2 tsp ginger
1/4 tsp cloves
1/4 cup butter, softened
1/2 cup Swerve Sweetener or other erythritol
3 large eggs
1/2 tsp vanilla extract
1/4 cup skim milk

Preheat oven to 325F and line 15 muffin tins with paper liners. On a plate lined with two layers of paper towel, spread out pumpkin puree and blot with another layer or two of paper towels--let sit while mixing dry ingredients.

In a medium bowl, whisk together the almond flour, protein powder, baking powder, baking soda, salt and spices.

In a large bowl, beat butter with sweetener until well combined. Beat in pumpkin puree, eggs and vanilla extract. Add in dry mixture and milk. Mix well. Batter will be thick.

Fill each muffin cup 2/3 full. Bake 23 minutes or until tops are set and edges are just browned. Let cool in pan 15 minutes. Makes 15 servings.

Nutrition information per serving: 183 calories, 8 grams protein, 16 grams fat, 15 grams carbohydrate (8 grams sugar alcohol, 3 grams fiber), 167 mg sodium.



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