

Cheese & Garlic Savoury Muffins

Cheese & garlic savoury muffins are a great breakfast or lunch or even just a snack. They are not a bread replacement BUT they have a pretty good bread-like texture. They are great by themselves, or with butter, cheese or avocado.



Ingredients:

- 1 cup pecan flour (almond flour would work but the texture will be different)
- 1 cup grated cheese - cheddar, gouda, mozzarella etc.
- 4 eggs
- 56g salted butter (1/2 stick)
- 1 tsp garlic salt (or do 1/2 tsp garlic flakes, 1 tsp salt)
- 1 tsp baking powder

Preheat your oven to 200C/400F. Makes 9 muffins

Directions:

1. Mix the dry ingredients together and make sure there are no lumps. Add in the butter and mix well. Mix in the eggs and the grated cheese.
2. The mixture is very runny but it will set firm. Grease the muffin tray with butter, or use silicone (this is recommended because the cheese will stick). Pour the mixture into the muffin tray until 3/4 full.
3. Bake for 12 - 15 minutes. Check that the tops are firm before taking them out of the oven.
4. The best part about these is they are easy to make in bulk and freeze.

Approximate macros per serving (9 muffins):

carbs - 3.3g fat - 15.2g protein - 9.5g calories - 196

Recipe and images by www.alittlebitofketo.com