



Cinnamon Spice Walnut Muffins – Makes 36 Mini Muffins



Replace those super-sized, high sugar sweets with these tasty low-carb, anytime snack. I like to make them in mini muffin tins, store them in the freezer, and pull out a couple at a time. For the almond meal and wheat bran, I use Bob's Red Mill brand. Enjoy these during the holidays with a dab of butter atop. Recipe adapted from The Low Carb Comfort Foods Cookbook by Eades.

Ingredients:

- 12 oz 1/3 less fat organic cream cheese, soft
- 5 whole eggs, high quality omega-3 rich
- 1/4 cup organic honey or coconut sugar (you can also use 1/2 cup sugar substitute instead such as Xylo-Sweet, Truvia or Splenda)
- 2 tsps vanilla extract
- 1 1/2 cups almond meal
- 1 cup unprocessed wheat bran
- 1 tsp baking powder
- 2 tsps ground cinnamon
- 1 tsp of your choice of seasonings (pumpkin pie spice, ginger, cardamom, nutmeg)
- * Optional 1 cup chopped walnuts (or any other nut, or combo with ground flax or chia seeds)

Directions:

Preheat oven to 325 degrees. Put cream cheese and two eggs in the bowl of an electric mixer and beat until smooth. Add the remaining eggs, one at a time, beating briefly after each. On slow speed, stir in the rest of the ingredients except the walnuts. When mixture is well blended, stir in the walnuts.

Lightly grease 3 mini muffin pans (hold 12 each) and fill almost to the top - they will rise only slightly and brown lightly – and bake muffins for about 18-20 minutes.

Nutritional Analysis: Each muffin contains approximately 6 grams of fat, 3 grams of protein, 2 grams of net carbohydrates, and 3 grams of fiber.