

## Power Mini Muffins - Makes 36 Mini Muffins

This is another get-your-family-to-eat-healthier recipe. I have adopted this recipe from the authors of The Low-Carb Comfort Food Cookbook by Michael and Mary Eades, MDs. I recommend storing them in the freezer and taking one out for a snack or with a meal. Enjoy them on any of the Key Diets as a fat serving.

### Ingredients: (you will need an electric mixer)

- 12 ounces light cream cheese, softened
- 5 eggs, omega-rich
- ½ cup of sugar substitute (Xylo-Sweet, Splenda, or Truvia)
- 2 teaspoons vanilla extract
- 1 ½ cups whole almond meal
- 1 cup unprocessed wheat bran
- 1 teaspoon baking powder
- 2 teaspoons ground cinnamon
- ½ -1 cup chopped walnuts (optional)



**Instructions:** Put cream cheese and two of the eggs in the electric mixer and use the flat beater to mix until smooth. Add the remaining eggs, beating briefly after each. On slow speed, put in the remaining ingredients except for the walnuts. Scrape the sides and bottom once to ensure the cream cheese is completely mixed. Once mixture is well blended, add the walnuts.

Spray the muffin pans with a non-stick spray and fill them almost to the top. Bake at 325 degrees for about 18-20 minutes. The muffins will only brown slightly; don't overcook.

**Variations:** Omit the cinnamon and walnuts and add one cup of fresh berries. If you want to use Stevia in place of Splenda, you will only need about ¼ cup but you may need to experiment for the best flavor. I prefer Xylitol (Xylo-Sweet) sugar substitute, as it does not have the bloating side effects some sugar substitutes have. These sugar substitutes can be found at most grocery stores.

**Nutritional Analysis:** Each mini muffin contains approximately 3 grams of protein, 2 grams of carbohydrates, 1 gram of fiber, 6 grams of fat and 70 calories.