Keto Chocolate Chip Muffins

**Servings: 12 Prep Time: 15 mins Cook Time: 40 mins**

1 cup (120g) Cashew Flour (can substitute with Almond Flour)

1/2 cup (60g) Lupin Flour

1/4 cup (32g) Coconut Flour

1 tbsp (8g) Konjac Flour or Vital Wheat Gluten (optional)

1 1/4 cup Granular Sweetener (or sweeten to your liking)

3 large Eggs, room temperature

1 stick or 1/2 cup (120g) Butter, room temperature

1 1/4 cup Non-Dairy Milk

1 1/3 cup (222g) Lily’s Semi-Sweet Chocolate Chips

**3 tbsp (45g) Sour Cream**

**1 tsp Vanilla Extract**

**1/2 tsp Cake Batter Extract**

**1 tsp Salt**

**2 tsp Baking Powder**

Special Equipment:

Kitchen Aid Stand Mixer

Add room temperature butter and sweetener to the bowl of the stand mixer and cream together. Next mix together your dry ingredients: cashew flour, lupin flour, coconut flour, konjac flour or vital wheat gluten, baking powder, and salt. Begin adding one egg at a time to butter and sweetener mixture, allowing each egg to get fully incorporated before adding the other.

To this mixture, add the sour cream, vanilla extract, and cake batter extract. Give it a good mix. Now add half your dry ingredients and mix. Then add in half of your non-dairy milk and mix. Repeat this process again until all your dry and wet ingredients are combined. Fold in 2/3 of the chocolate chips and then get the batter added to a muffin pan. With the remaining 1/3 of the chocolate chips, sprinkle them on top of the muffins.

Bake at 350F for 30-35 minutes. At the halfway point, check for browning. If they are browned to your liking, lay a sheet of aluminum foil on top and cook the remaining time. Check for doneness with a toothpick.

**Nutritional Facts for 1 Chocolate Chip Muffin:** 242.3 Calories, 2.1g Net Carbs, 21.1g Fat, 6.9g Protein.