Keto Cornbread Muffins

**Servings: 12 Prep Time: 10 mins Cook Time: 12-15 mins**

1 1/2 cup (168g) Almond Flour

1/2 cup (60g) Lupin Flour

1 1/2 tbsp (23g) Confectioners swerve (or sweeten to taste)

2 tsp Baking Powder

1/2 tsp Xanthan Gum

1/2 tsp Salt

4 Eggs, whisked

1 stick or 1/2 cup Butter, melted

1/4 cup Non-Dairy Milk

4 tbsp Heavy Whipping Cream

1 tsp Sweet Corn Extract

Preheat oven at 350F.

In a medium mixing bowl, add all the dry ingredients: almond flour, lupin flour, confectioners swerve, baking powder, xanthan gum, and salt. Whisk together until well combined.

Next add in eggs, non-dairy milk, heavy whipping cream, sweet corn extract, and butter. Mix until all ingredients are incorporated, and you have a thick, cornbread like batter.

Put the batter evenly into a 12 count muffin pan and bake at 350F for 15-18 minutes.

**Nutritional Facts for 1 Cornbread Muffin:** 200 Calories, 2.0 Net Carbs, 18.0g Fat, 7.0g Protein.