

English Muffins

DFV

A quick ‘go to’ recipe for low-carb, nutrient-rich English muffins – delicious!

Makes	6	Per serve (1 muffin)
Prep time	5 minutes	Carbs 5.4 g
Cook time	20 minutes	Protein 6.8 g
Difficulty	●●●	Fat 18.4 g
		Energy 204 Cal

INGREDIENTS

- 1/3 cup almond meal
- 1/4 tsp salt
- 1 1/2 tsp baking powder
- 1/3 cup cashew butter
 - (or any nut butter you prefer)
- 3 tbsp olive oil or butter
- 1/4 cup unsweetened almond milk
- 3 eggs, whisked together

METHOD

Pre-heat the oven to 180°C fan (200°C regular). Grease some muffin moulds (preferably English muffin moulds).

In a large bowl, mix together the almond meal, salt and baking powder.

Heat a small pot on low heat. Add the cashew butter and olive oil or butter and heat for 30 seconds. Stir to combine, then pour into the bowl with the almond meal. Pour in the almond milk and eggs and whisk to combine.

Pour the batter evenly into the muffin moulds. Bake for 20 minutes, or until a toothpick inserted into the muffins comes out clean.

Allow to cool for about 5 minutes, then gently remove from the moulds and slice in half. Toast as desired and enjoy! These can be cooled and frozen, wrapped individually and placed in a zip-lock bag. Otherwise, store in the fridge for up to 4 days. We recommend toasting the muffins when reheating.

