



(Ultra Fudgy!) Paleo & Keto Chocolate Muffins

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Extra fudgy and intensely chocolatey, these are not your average keto chocolate muffins! Whip them up in 30 for a spectacular low carb treat!

Oh, and if baking with cups rather than grams is your thing, just click on US Cups for an instant conversion.

Course	Dessert
Cuisine	American
Keyword	keto chocolate muffins, low carb chocolate muffins, paleo chocolate muffins
Prep Time	15 minutes
Cook Time	15 minutes
Total Time	30 minutes
Servings	6 muffins
Calories	196kcal

Ingredients

- 48 g almond flour
- 30 g golden flaxseed meal finely ground
- 1 teaspoon baking powder
- 70 g unsalted grass-fed butter or 4 TBS coconut oil + 1 TBS coconut cream
- 1/3-1/2 cup allulose *xylitol or coconut sugar if paleo (I use 1/2 cup allulose and 1/3 otherwise)
- 40 g cocoa powder **
- 1/4 teaspoon kosher salt
- 1/4 teaspoon espresso powder or instant coffee (optional)
- 2 eggs at room temperature***

Optional add-ins

- 50-80 g Lily's Sweets dark chocolate bar to taste
- 50-80 g pecans or walnuts
- flakey sea salt to garnish

Serving suggestions

- vanilla ice cream

Instructions

1. See recipe video for guidance on methodology! These low carb chocolate muffins follow our brownie methodology. Albeit with different ratios and added flaxseed and baking powder.
2. Position a rack in the lower third of your oven and preheat to 350°F/180°C. Line or grease and flour a muffin pan, set aside.

3. Add almond flour, flaxseed meal and baking powder to a medium bowl. Whisk until thoroughly combined, set aside.
4. Add butter (or coconut oil and cream), sweetener, cocoa powder, salt and espresso powder (optional) to a large heatproof bowl. Melt over a water bath whisking constantly (or use the microwave). You'll want to heat it up until most of the sweetener has melted and the mixture is well incorporated. Remove from heat and allow the mixture to cool slightly.
5. Add one egg at a time, whisking well after each one until completely incorporated. The texture should appear smooth, with all the sweetener dissolving into the mixture. If you used coconut oil, you want to be sure to mix it particularly well. Add the flour mixture, whisking vigorously until fully blended (about a minute). Fold in chocolate pieces (or pecans) and spoon into prepared muffin pan.
6. Bake for 10-13 minutes if you like your keto chocolate muffins extra fudgy (they'll be set, but still jiggy), for medium fudgy-ness 14-17, and for 'normal muffin' texture 18-20 minutes. Varies a little from oven to oven, but these are good guidelines. Always keep in mind, however, that your muffins will continue to cook while cooling!
7. Sprinkle with flakey sea salt (optional) and allow to cool for at least 15-20 minutes in the muffin pan. They'll be particularly fragile right out of the oven if you made them fudgy and with xylitol, so you need to let them set.
8. Keep stored in an airtight container for 3-4 days. These guys are also best served warm.

Notes

*Please see section on sweeteners for deets and possible substitutions. Just keep in mind that **stevia doesn't work** (at all!) for these!

****If measuring the cocoa with tablespoons** rather than grams, be mindful of *how* you scoop as you can end up with *a lot* more cocoa powder than needed. Drop the cocoa powder into the tablespoon and level it, rather than scooping it out of the bag with the tablespoon (which can lead to overpacked tablespoons!).

*****Must use eggs at room temp.** Reason being that if you add cold eggs, you'll solidify the batter and won't be able to mix the flours properly.

Please note that nutrition facts were calculated without the optional add-ins (chocolate & nuts), as values vary widely from brand to brand and quantity used. Always check your labels.

Nutrition

Serving: 1muffin | Calories: 196kcal | Carbohydrates: 6g | Protein: 6g | Fat: 18g | Saturated Fat: 7g | Cholesterol: 80mg | Sodium: 203mg | Potassium: 162mg | Fiber: 4g | Sugar: 0.5g | Vitamin A: 375IU | Calcium: 60mg | Iron: 1.8mg

(Ultra Fudgy!) Paleo & Keto Chocolate Muffins <https://www.gnom-gnom.com/paleo-keto-double-chocolate-muffins/>