

HEALTHY COOKING

▶ SWEET & SPICY BREAKFAST MUFFIN

SERVES 6

INGREDIENTS

- ▶ 4 Tbs cream cheese (full fat)
- ▶ 4 Tbs butter
- ▶ 1 Tbs sour cream
- ▶ 2 Equal stevia sachets
- ▶ 3 eggs
- ▶ 1 tsp vanilla essence
- ▶ 115g ground almonds
- ▶ 1 tsp each ground cinnamon & ground nutmeg
- ▶ 6 scoops UD2 powder



Preheat your oven 175°C and grease a 6 serve muffin tin.

Combine the cream cheese, butter, sour cream, 1 egg, stevia and vanilla essence in a bowl. When well mixed beat in the other 2 eggs. Add all remaining ingredients, stirring gently until well combined.

Divide the mixture evenly into the pre-greased muffin tin and bake for 25 minutes, or until a skewer comes out clean and they are golden brown.

Each serving:

Protein: 12.6g | Carbohydrate: 2.0g