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 Yum

# Low Carb Chocolate Chip Ricotta Muffins

## Ingredients

2 1/2 cups almond flour  
Sweetener equivalent to 1/2 cup sugar  
2 tsp baking powder  
1/2 tsp salt  
1/2 cup ricotta cheese  
3 large eggs  
1 tsp vanilla extract  
1/3 cup sugar-free chocolate chips

## Instructions

1. Preheat the oven to 350F and line a muffin tin with parchment or silicone liners.
2. In a large bowl, whisk together the almond flour, sweetener, baking powder and salt. Stir in the ricotta, eggs, and vanilla extract until well combined. Stir in the chocolate chips.
3. Divide the batter among the prepared muffin cups. Bake 25 to 30 minutes, until just golden brown and firm to the touch. Remove and let cool completely in the pan.

Yield: 12

Cholesterol: 51mg

Food energy: 196 kcal

Total fat: 15.80g

Calories from fat: 142

Carbohydrate: 7.88g

Protein per serving: 8.18g

Total dietary fiber: 4.28g

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