

ALLSPICE MUFFIN W/ CRUMB TOPPING



MUFFIN:

- 1 ½ cups almond flour
- ½ cup ground flax seed
- ½ cup confectioners erythritol
- 2 teaspoons baking powder
- 1 tablespoon plus 1 teaspoon ground allspice
- ½ teaspoon salt
- 6 large eggs
- ½ cup coconut oil melted but not hot
- ½ cup coconut cream (0 carb)
- Lime zest of one lemon
- 1 teaspoon vanilla extract

CRUMB TOPPING:

- ¼ cup chopped pecans
- ¼ cup golden Lakanto
- ¼ cup unsweetened shredded coconut
- ¼ cup cold butter
- ¼ teaspoon cinnamon
- 2 tablespoons coconut flour

Preheat oven to 350 degrees. Line 18 muffin cups with paper liners. In a bowl place almond flour, ground flax seed, erythritol, baking powder, ground allspice and salt; stir until evenly mixed. In a separate bowl add eggs, melted coconut oil, coconut cream, lemon zest and vanilla; mix well with electric mixer. Add dry mixture and mix until smooth. Divide mixture among 18 muffin lined cups. Put all crumb topping ingredients in a bowl and mix with hands or pastry blender until crumbly. Sprinkle mixture evenly over tops of muffins. Bake for 20-24 minutes until light golden brown. Allow to cool before removing from pan.

Demonstrated on "Living our Keto Life" Facebook page on 3/13/18

Adapted from Leanne Vogel's allspice muffin recipe.