

Egg Fast Cream Cheese Muffins

This is an alternative muffin recipe that is good for the Egg Fast or for any ketogenic diet. Notice it has two fats in proportion to each egg (for the egg fast diet) and is generally high-protein, high-fat, very low carbs for the Keto crowd. This is a super-basic recipe that you can use as a base for various kinds of deliciousness.

Recipe adapted from Ketogenic Woman: <https://www.youtube.com/watch?v=bHNNH2DDj3EM>
Notice that Anita makes a double batch on the video.

Ingredients:

4 eggs

60g (4 Tbsp, 2 oz, half a stick) unsalted butter, melted

125g (4 oz) brick cream cheese – Philadelphia is a good brand – softened

1 Tbsp sweetener (for sweet muffins)

OR good pinch of salt with 2 oz grated cheese (for savory muffins)

Optional: Flavors and toppings of your choice

Method:

1. Preheat oven to 325°F or 160°C. Butter your muffin tins or use silicon muffin cups.
2. Place the 4 oz cream cheese and 4 Tbsp butter in a glass measuring jug and warm in the microwave until soft. (I did 30 seconds, pause, then another 30 seconds.)
3. Using a whisk, add the 4 eggs plus flavorings to the glass measuring cup and beat until well mixed and fairly smooth.
 1. For sweet muffins, add 2 tbsp any flavor Skinny Syrup OR 1 Tbsp sweetener such as Allulose or equivalent. [Skinny Syrup is a keto-friendly brand without carbs/sugar.]
 2. For savory muffins, add 2 oz grated cheese plus salt, fresh herbs, a pinch of smoked paprika, or other toppings to taste. I like making these with blue cheese or feta.
4. Pour the batter into 6 muffin tins or one loaf pan. If you're making savory muffins, sprinkle a little extra cheese on top and/or smoked paprika.
5. Bake at 325°F or 160°C for about 30 minutes for muffins and 45-50 minutes or longer if using a loaf pan. (I use silicone muffin tins because then no cooking spray is required). The baking is complete when a shiny knife comes out clean.
6. Cool on a baking rack for five minutes.
7. Eat warm or cold; I like them hot and slathered with butter!

OPTIONS:

- If you have a mini-waffle maker, you can use this same batter for keto-waffles!
- Spread onto flat tart forms and bake for a tart base or mini-pizzas.
- Spread even more thinly and bake to make wraps or egg pockets.
- For sweet muffins, consider adding vanilla and/or True Lemon for lemon tarts.