



# KETO SASKATOON BERRY MUFFINS

## INGREDIENTS

- 1 cups freshly picked saskatoonberries
- 4 eggs
- 1/2 cup of Vanilla Skyr
- 1 tsp vanilla extract
- 2 1/2 cups almond flour
- 1/2 cup coconut flour
- 2/3 cup Swerve Sweetener
- 1 tbsp baking powder

## PREP TIME

- Picking | 10 m
- Prep | 20 m
- Cook | 15 m
- Ready in | 45 m

## PROCEDURE

- 01** Preheat your oven to 375 F and line a 12-muffin tray with muffin cups/liners.
- 02** Combine all wet ingredients and all dry ingredients (except for berries), in separate bowls.
- 03** Marry the two together and stir.
- 04** Gently fold in Saskatoon berries.
- 05** Fill muffin cups 2/3 of the way with mixture.
- 06** Place the muffin tin into the oven for 10-15 minutes, or until tops are slightly browned.