

Flourless Honey-Almond Muffins

This recipe was adapted from Eating Well Magazine's recipe for Flourless Honey-Almond Cake (March/April 2009 issue). We cut back on the honey and added shredded carrots and zucchini for a nutritional boost!

This recipe is gluten-free and dairy-free.

- 4 large eggs at room temperature, separated*
- 1/3 cup honey (preferably local)
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1/8 teaspoon ground cinnamon (if desired)
- 1 3/4 cups almond meal**
- 1/2 medium carrot, shredded (~1/3 cup shredded)
- 1/2 medium zucchini, shredded (~1/3 cup shredded)
- 1/3 cup dark chocolate chips (if desired)

Instructions:

1. Preheat oven to 325°F. Place muffin cups inside muffin tin.
2. Beat egg yolks, honey, vanilla, baking soda, sea salt and cinnamon in large mixing bowl with electric mixer on medium speed until well combined.
3. Add the almond meal, carrot and zucchini and beat on low until combined.
4. Stir in chocolate chips (with a rubber spatula), if desired.
5. In a separate, medium bowl (and with a clean mixer), beat egg whites until white and foamy (1-2 minutes). Do not beat for so long that they hold peaks.
6. Gently fold egg whites into almond meal batter with rubber spatula. Mix until combined and pour into muffin tins (fill tins ~3/4 full).
7. Bake for approximately 17 minutes. Muffins should be well formed, but still very moist (and slightly browned on top).
8. Allow muffins to cool for 5-10 minutes.

Number of servings: 9

Serving size: 1 muffin

*Eggs must be at room temperature for the proteins to unwind. Either set the eggs out on the counter for 15 minutes or submerge them in their shells in a bowl of warm (not hot) water for 5 minutes before using.

**Trader Joe's sells almond meal at a great price!

Nutritional Facts (per muffin):

- Calories: 240
- Carbohydrates: 20 grams
- Fiber: 3 grams
- Protein: 8 grams
- Total fat: 14 grams