



The Plantes

SUGAR-FREE CHOCOLATE CHIP MUFFINS

(Diabetic Friendly)

These moist, fluffy muffins use almond flour and a zero-sugar sweetener to create a bakery-style treat that's safe for those monitoring blood sugar levels. Sugar-free chocolate chips provide rich flavor without added carbs, making this recipe an excellent choice for breakfast, snacks, or dessert.



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Chocolate Chip Muffins**
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Ingredients

- 2 cups almond flour
- 1/4 cup coconut flour
- 1/3 cup granulated erythritol or allulose
- 1 tsp baking powder
- 1/2 tsp baking soda
- Pinch of salt

Wet Ingredients

- 3 large eggs
- 1/3 cup melted butter or coconut oil
- 1/4 cup unsweetened almond milk
- 2 tsp vanilla extract

Add-In

INGREDIENTS

Dry Ingredients

- 2 cups almond flour
- 1/4 cup coconut flour
- 1/3 cup granulated erythritol or allulose
- 1 tsp baking powder
- 1/2 tsp baking soda
- Pinch of salt

Wet Ingredients

- 3 large eggs
- 1/3 cup melted butter or coconut oil
- 1/4 cup unsweetened almond milk
- 2 tsp vanilla extract

Add-In

- 1/2 cup sugar-free chocolate chips

INSTRUCTIONS

1. Preheat oven to 350°F (175°C). Line a muffin tin with paper liners or grease lightly.
2. Whisk almond flour, coconut flour, sweetener, baking powder, baking soda, and salt in a bowl.
3. In another bowl, whisk eggs, melted butter (or coconut oil), almond milk, and vanilla.
4. Stir wet ingredients into dry ingredients until just combined. Fold in chocolate chips.
5. Divide batter into 10–12 muffin cups and bake 18–22 minutes or until a toothpick comes out clean.

Approximate Nutrition (per muffin)

- Calories: 165
- Net Carbs: 3g
- Carbohydrates: 6g
- Fiber: 3g
- Protein: 6g
- Fat: 13g
- Sugar: <1g (from sugar-free chips)