

Dairy Free Keto Blueberry Muffins



INGREDIENTS: Almond flour, monk fruit, eggs, blueberries, coconut oil, baking powder, almond milk, vanilla extract.

Nutrition Facts

Per Serving (1 muffin):

Calories 217

Total Fat 19g

Total Carbohydrates 6g

Dietary Fiber 3g

Protein 7g

Net Carbs 3g