

Keto Pumpkin Cream Cheese Muffins



Ingredients: eggs, coconut oil, pumpkin purée, confectioners monk fruit, butter, coconut flour, cream cheese, pumpkin pie spice, whipping cream, baking powder, vanilla, Himalayan sea salt.

Amount Per Serving:

1 muffin

Calories: 121

Fat: 10g

Total Carbs: 3g

Fiber: 1g

Protein: 2g

Net Carbs: 2g