HIGH FIBER BREAKFAST MUFFINS

Make a double batch and freeze some!

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INGREDIENTS to make 12 muffins

- 1 tsp Baking **powder**
- 1/2 tsp Baking **Soda**
- 1 cup chopped **Nuts** (pecans, walnuts, pistachios, macadamia)
- 1/2 sifted cup **Fibergy Plus**
- 1/2 sifted cup **Anthony's Oat Fiber** (Note this is not *"oat bran cereal".)*
- 1 sifted cup **Almond flour** (Or use 1 cup ground flax meal for more omegas.)
- 1/4 tsp Morton's Lite **Salt** (If drinking the electrolyte drink then use **Sea Salt**.*)*
- 1/2 cup **Heavy Whipping Cream** (Use a tiny bit less if adding blueberries)
- 4 large **Eggs** (Ideally organic and free-range.*)*
- 1/2 tsp **Vanilla extract**
- 4 Tbsp **Butter** (Ideally grass fed.*)*
- 5 Tbsp **Erythritol** or **Monk fruit** (Or "**Golden Monk**" for a brown sugar flavor.)
- **Optional ingredients** to give variety: ~ 1/2 tsp **Maple extract** ~ 1/2 tsp **Lemon extract** ~ 1/2 cup **fresh Blueberries** ~ 2 tsp **Cinnamon**

* All the above underlined ingredients can be purchased with PRIME at **TrinityHealthCoaching.com/products**

EASY DIRECTIONS

1. Sift flours using a "four sifter" as shown here, or just shake flour through a mesh strainer.
2. Preheat oven to 350
3. In a glass or ceramic bowl, melt the butter and then stir in the sweetener. Set aside for butter to cool a bit.
4. In a separate bowl, combine the dry ingredients (*the 1st 7 ingredients on the list)* and any optional dry ingredients.
5. To the melted butter, add heavy whipping cream, eggs and vanilla. Also add optional flavor extract now if using.
6. Add nuts and dry ingredients to wet mixture and combine well.
7. Grease cupcake pan with butter and fill cups about 1/2 full distributing the mixture evenly among 12 muffins.
8. If desired place 4 large (or 6 small) blueberries on each cupcake, then fill with remaining batter.
9. Bake at 350 for 18 minutes. Use toothpick to test for doneness. Toothpick should come out "clean."
10. Serve warmed with butter.

For easy tracking THC clients can search Cronometer for "Trinity Fiber Muffins"