

## Chocolate PB&J Muffins

**Hands On Time: 15 minutes**

**Total Time: 45 minutes**

Chocolate. Nut butter. Jam.

Do I need to write any more or have I told you everything that you need to hear?

These deliciously tender chocolate muffins have a secret core of sugar-free jam and are topped with a lush nut butter flavoured frosting.

This recipe makes 12 cupcakes or 6 muffins.

Enjoy!



### INGREDIENTS:

Cupcakes:

¼ cup of cocoa powder

1 cup of almond meal

½ cup of Sukrin Peanut Flour

1 teaspoon of baking powder

2 eggs

2 teaspoons of vanilla

1/4 cup of melted coconut oil (measure liquid)

¼ cup of almond milk/coconut milk

2 Tablespoons of Sukrin Gold Syrup

12 teaspoons of sugar-free jam

Frosting:

1 cup of butter, softened

1 cup of Sukrin confectioners

2 Tablespoons of heavy cream

¼ cup of apricot nut butter

**METHOD:**

Pre-heat oven to 320° F

Place almond flour, cocoa, peanut flour and baking powder in a large mixing bowl.

In a second bowl, mix together your liquid ingredients.

Add to the dry ingredients and mix until combined.

Spoon into your cupcake or muffin cases.

Bake for 25 minutes.

Remove from the oven and let cool on a rack.

While the cakes cool, add all frosting ingredients to your stand mixer bowl and mix on high until light and fluffy.

Spoon into a piping bag fitted with your tip of choice.

Use an apple corer to remove the centre of each cupcake, retaining a small piece to use as a plug.

Spoon 1 teaspoon of jam into each cupcake, or 2 into each muffin.

Insert the plug on top to seal the jam in.

Pipe your frosting on top and dust with cocoa or grated chocolate.

**Store, in an airtight container, in the fridge for up to four days.**

## NUTRITIONAL INFORMATION:

4:19 @ 100% battery

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### La Gaia Choc PBJ Muffins

Defined by ingredients

Nutritional data (per serving)	
Total Carbs	8.3 grams
<b>Net Carbs</b>	<b>3.5 grams</b>
Protein	5.9 grams
Fat	30.1 grams
Calories	311 kcal

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#### Ingredients (makes 12 servings)

1 cup of almond flour (blanched ground almonds, almond meal)	100 grams	<input type="checkbox"/>
1 tsp of baking powder, gluten-free	4 grams	<input type="checkbox"/>
1 cup of butter, unsalted, grass-fed	227 grams	<input type="checkbox"/>
¼ cup of cocoa powder, raw (cacao)	21.5 grams	<input type="checkbox"/>
¼ cup of coconut milk (full-fat, unsweetened)	56.5 grams	<input type="checkbox"/>
2 tbsp of cream, heavy whipping, pouring, full-fat (30-40% fat)	30 grams	<input type="checkbox"/>
2 large of eggs, free-range or organic	100 grams	<input type="checkbox"/>
¼ cup of Nuts, almond butter, plain, without salt added	62.5 grams	<input type="checkbox"/>
¼ cup of Oil, coconut	54.5 grams	<input type="checkbox"/>
½ cup of Peanut flour, defatted	30 grams	<input type="checkbox"/>
12 tsp of Smooth Strawberry Jam, homemade (KetoDiet App)	60 grams	<input type="checkbox"/>
2 tbsp of Sukrin Fiber Syrup Gold	40 grams	<input type="checkbox"/>
1 cup of Sukrin Icing, powdered sugar substitute	160 grams	<input type="checkbox"/>
2 tsp of Vanilla extract, imitation, alcohol	8.4 grams	<input type="checkbox"/>

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