



Keto Savory Sausage & Egg Muffins

Ingredients:

- ¼ cup Nature's Earthly Choice Nut Flour Blend
- 3 eggs
- ¼ cup + 3 tablespoons heavy cream
- ½ tablespoon xanthan gum
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon Italian seasoning
- ½ cup shredded cheese
- 1/3 cup breakfast sausage, diced
- Fresh or dried herbs, for topping (optional)

Directions:

1. Preheat oven to 425 degrees Fahrenheit. In a large bowl, whisk the eggs and heavy cream. Add the nut flour, xanthan gum, baking powder, and spices. Mix well.
2. Fold in the cheese and sausage. Scoop into greased paper muffin cups or silicone baking cups. Bake for 15 minutes until golden brown, then let cool. Garnish with fresh or dried herbs. This recipe makes 6 keto muffins, but can easily be doubled or tripled.