

Recipe – Almond Torte Muffins (Low Carb Version)

Adapted from The Inner Cook - One Bite at a Time by Rebecca Katz,
<http://www.innercook.com>

Ingredients:

- 1 1/2 cups finely ground almonds or almond meal
- 3 eggs
- ¼ tsp salt
- ¼ cup apple sauce
- ¼ tsp stevia
- 1 tsp almond extract

Directions:

Mix all ingredients

Pour into 6 regular muffin cups or 12 mini muffins

Bake at 350 degrees for 25 – 30 minutes or until toothpick comes out clean

NOTE: The original recipe calls for 3 TBS Agave syrup; for the low carb version, this is replaced with applesauce and stevia

Nutritional Information:

Serving Size: 1 regular muffin
Carbohydrates: 7 grams
Fiber: 3 grams
Protein: 10 grams
Fats: 17 grams
Calories: 200