AMERICAN · DESSERT · SNACK

Keto Pumpkin Cream Cheese Muffins

40 min · Makes 9 × 1 muffin · 270 kcal a portion · Video 8:39 · Low Carb Love

Vegetarian · Gluten-free ingredients

Almond and coconut flour with pumpkin and a sweetened cream cheese centre, no sugar: about 5 g net carbs a muffin, and a good source of vitamin A.

Diet notes: Keto (4.9 g net carbs a serve).

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Ingredients

15 · MAKES 9 × 1 MUFFIN

- [ ] 100 g **almond flour**
- [ ] 30 g **coconut flour**
- [ ] 95 g **powdered sweetener**, for the batter
- [ ] 2 tsp **baking powder**
- [ ] 250 g **pumpkin puree** (not pumpkin pie mix)
- [ ] 2 large **eggs**, at room temperature
- [ ] 80 ml **avocado oil**
- [ ] 1 tsp **vanilla extract**, for the batter
- [ ] 1 tsp **pumpkin pie spice**
- [ ] a pinch of **salt**
- [ ] 230 g **cream cheese**, softened
- [ ] 50 g **powdered sweetener**, for the filling
- [ ] ½ tsp **vanilla extract**, for the filling
- [ ] 1 **egg yolk**
- [ ] **oil spray**, for the paper cases

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Tree nuts. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Whisk the almond flour, coconut flour, powdered sweetener and baking powder, working out any lumps of sweetener. 1:21
2. In another bowl whisk the pumpkin puree, room-temperature eggs, avocado oil and vanilla, then add the pumpkin pie spice and a pinch of salt. 2:00
3. Tip the wet ingredients into the dry and mix to a thick, moist batter. 2:42
4. For the filling, beat the softened cream cheese with the powdered sweetener, vanilla and egg yolk until smooth and creamy. 3:53
5. Heat the oven to 190°C. Line 9 muffin cups with paper cases and spray them lightly with oil. 4:36
6. Scoop the batter evenly into the cases with an ice-cream scoop. 5:17
7. Press a deep well into the top of each muffin with a small scoop or spoon and fill it with the cream cheese mixture. 5:54
8. Bake 20–25 minutes (check at 20), until a toothpick in the muffin part comes out clean. Let them cool before eating. 7:01

> **Tip** Use plain pumpkin puree, not sweetened pumpkin pie mix. Don't swap the coconut flour for almond flour one-for-one: coconut flour absorbs much more liquid.

The method is a summary in our words — the video shows every step.

One portion (1 muffin) gives you

1 OF 9 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
270 kcal	6.6 g	8.1 g	3.3 g	24 g	220 mg
1,130 kJ	13% of a day	4.9 g net · 2.6 g sugars	12% of a day	7.1 g saturated	9% of a day
		3% of a day		31% of a day	

Energy from net carbs 7% · protein 10% · fat 83% — fits keto: 4.9 g net carbs, 83% of the energy from fat

High in (20%+ of a day) Vitamin A 35% · Vitamin E 31%

Source of (10–19%) Selenium 14% · Magnesium 10% · Omega-3 10%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=r9fNusCOlb0, published 5 October 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-pumpkin-cream-cheese-muffins