

Vegan Keto Doughnut Muffins

Description

These muffins are super delicious and healthy.

Prep time: Fifteen minutes

Cook time: Thirty minutes

Total time: Forty-five minutes

Serving: 4

Ingredients

For Wet Ingredients

- 1/2 cup, plus 2 tablespoons of unsweetened nondairy milk
- ¼ cup of ground flax
- 1 tablespoon of melted coconut oil
- 2 tablespoons of granulated sweetener
- 1 teaspoon of vanilla

For Dry Ingredients

- ¼ cup of coconut flour
- 1 teaspoon of baking powder
- ½ teaspoon of cinnamon
- A Pinch OF nutmeg A
- Pinch of salt

Instructions

1. First, preheat the oven to about 375 degrees, then line a muffin tin with muffin liner.
2. Combine the wet ingredients and set aside until the flax thickens, about ten minutes.
3. Mix the dry ingredients in a small mixing bowl. Then pour the dry ingredients into the wet ingredients and combine completely.
4. Pour the batter into the muffin tins and transfer to the oven. Bake until a toothpick inserted comes out clean, about thirty minutes.
5. Remove from the oven and set aside to cool. Serve.