

# BREAKFAST RECIPES

## KETO BREAKFAST MUFFINS

Serves: **6-8**  
Prep Time: **10** Minutes  
Cook Time: **15** Minutes  
Total Time: **25** Minutes

### INGREDIENTS

- **3 tablespoons plain Keto& Hot breakfast cereal**
- **3 eggs**
- **2 tablespoons heavy cream**
- **2 tablespoons flaxseed meal**
- **3 tablespoons coconut oil**
- **2 tablespoons Erythritol**
- **1 tsp vanilla extract**
- **1 tsp baking powder**

### DIRECTIONS

- 1. Preheat oven to 325 F**
- 2. In a bowl mix Plain keto & Hot breakfast cereal, add coconut oil and mix well**

- 3. Add the rest of ingredients and mix**
- 4. Pour batter into 6-8 cupcakes and bake for 15-18 minutes**
- 5. Remove and serve**