

Keto Walnut Apricot Muffin Mix

Makes approximately 12 muffins (1 muffin = 1 serving)

Ingredients:

1 $\frac{3}{4}$ c soft red winter wheat flour
2 tsp baking powder
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ c + 2 tbsp stevia powder
1 $\frac{1}{2}$ tsp cinnamon
 $\frac{3}{4}$ tsp nutmeg
 $\frac{1}{4}$ tsp allspice
 $\frac{1}{2}$ cup walnuts
 $\frac{1}{2}$ cup dried apricot
 $\frac{1}{2}$ tsp dried orange zest
 $\frac{1}{2}$ tsp dried lime zest

Directions:

1. Dice apricot into small pieces
2. Chop walnuts
3. Dry zest by placing in a 170°F oven for 30 minutes
4. Whisk all ingredients together until well combined
5. Store in an airtight container

To make muffins:

1. Add muffin mix, $\frac{1}{2}$ cup + 3 tbsp plain whole milk yogurt, 2 eggs, $\frac{1}{2}$ cup olive oil, 1 $\frac{1}{2}$ tsp vanilla extract, and $\frac{1}{4}$ cup water to a bowl.
2. Stir together until well combined
3. Line muffin tin with muffin cups and fill with batter $\frac{3}{4}$ of the way
4. Bake at 350 °F for 18 minutes or until toothpick comes out clean