

Banana Walnut Muffins (lower carb, no added sugar)

Yield: 8 muffins

Ingredients:

- 1 ½ cup almond flour
- 2 small or 1 large mashed bananas
- 3 eggs
- 2 TBS butter/vegetable oil
- ¼ cup non caloric sweetener e.g. erythritol
- 2 tsp cinnamon
- 1 tsp baking powder
- ¼ cup well chopped walnuts



Directions:

1. Preheat oven to 350°
2. Place almond flour, erythritol, cinnamon and baking powder into a bowl and gently stir
3. In a larger bowl, use an electric beater to blend eggs, mashed banana and butter/oil
4. Once, blended, add dry ingredients and blend until well combined
5. Add walnuts reserving ~ 1TBS to sprinkle on the top of muffins
6. Scoop into muffin lined tins/or spray with oil, and top with remaining chopped walnuts
7. Bake of 25 minutes

Nutritional Information (per serving) lower carbohydrate & no added sugar: Calories 217, total fat 18 g (sat fat 3 g), sodium 53 mg, potassium 232 mg, carbohydrate 13 g, fiber 3 g, protein 8 g

Note: These muffins are “nutty” in flavor and relatively dense. If you prefer, use 1 ½ cups of white flour instead of almond flour for a no added sugar (but not lower carbohydrate), muffin.

Nutritional Information (per serving) no added sugar: Calories 172, total fat 7 g (sat fat 3 g), sodium 49 mg, potassium 123 mg, carbohydrate 27 g, total sugar 2 g, added sugar 0 g, fiber 1 g, protein 5 g

Recipe adapted from sugarfreelondoner.com.

Barbeque Sauce (no added sugar)

Yield: 16 (2TBS) servings

Ingredients:

- 15 oz can of tomato sauce
- $\frac{2}{3}$ cup of brown sugar erythritol
- $\frac{1}{2}$ cup apple cider vinegar
- $\frac{1}{4}$ cup molasses
- 2 TBS Dijon mustard
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{4}$ tsp cayenne pepper
- $\frac{1}{4}$ tsp black pepper



Directions:

1. Mix all ingredients in a pan
2. Place on medium heat, and simmer for ~ 15 minutes, cool to room temperature
3. Store in airtight container until ready to use

Nutritional Information (per serving): Calories 24, total fat 0 g (sat fat g), sodium 173 mg, potassium 159 mg, carbohydrate 6 g, total sugar 4 g, added sugar 4 g, fiber 0 g, protein g