

# *Keto Vegetable Muffins Recipe*

## **The Ingredients:**

- **1 medium Zucchini**
- **1 Carrot**
- **1 cup of broccoli**
- **1/2 cup of cauliflower**
- **1 tsp of Italian Seasoning**
- **salt and pepper**
- **3 tablespoons of avocado oil**
- **1 cup of cheese of choice**
- **1/2 cup of coconut flour**
- **6 medium eggs**
- **1 tsp of baking soda**

## **Instructions:**

- 1.) Pre-heat oven to 425 °F.
- 2.) Wash and rice/shred vegetables in food processor.
- 3.) Pat dry vegetables or thoroughly squeeze through cheese cloth or sieves. Make sure that all vegetables are thoroughly dry.
- 4.) Combine all ingredients and thoroughly mixed.
- 5.) Line muffin tins with baking cups.
- 6.) Individual scoop batter into cups.
- 7.) Bake for 15-20 minutes til golden brown, check by for doneness by inserting a skewer or toothpick, and if clean, take out and let cool.

Serving: 24 muffin cups, Can freeze for later use.  
Fresh for up to a month.

