

Quick Paleo English Muffins

Author: Stacey

Recipe type: Paleo, grain free, gluten free, low carb Cuisine: Low Carb Paleo

Prep time: 4 mins Cook time: 2 mins Total time: 6 mins

Serves: 1

I finally made some low carb, paleo English Muffins that are good. Not all of my grain free bread experiments have been successful. These are fast to make, if you use the microwave. But can be baked in the oven if you are the patient, healthy person that does not use the microwave. Which, if I could get more organized, I would bake these in advance and store in the fridge or freezer for bread emergencies. These are starch free, and contain no baking powder. But you could replace the home-made substitute with ½ Tsp regular baking powder, if you tolerate corn products. The pan toasting really makes the difference in texture and taste with these.

Ingredients

- 1 Egg, beaten
- 1 Tbsp Milk of Choice (unsweetened Coconut Milk, Almond Milk, or organic half and half).
- 1 Tbsp Coconut Flour, [where to buy coconut flour](#)
- ½ Tbsp Melted grass Fed Butter or Coconut Oil, melted, [where to buy coconut oil](#)
- ⅓ Tsp Baking Soda mixed with ¼ Tsp Apple Cider Vinegar in separate pinch bowl (this replaces baking powder) * could omit, but it won't rise much.
- ⅓ Tsp Vanilla Extract * optional, I omit if I'm making something savory like an egg sandwich.
- ¼ Tsp Honey or (6 drops liquid Stevia for low carb) * Optional, can omit sweetener, but use full fat canned coconut milk for milk of choice.
- 1 Pinch Sea Salt * optional

Instructions

1. Melt the butter or oil in a round, glass or ceramic ramekin (I used a 3½ inch, 6 ounce ramekin).
2. In a separate pinch bowl, mix baking soda and apple cider vinegar together (it will be very fizzy and bubbly) Set aside.
3. Add all the rest of ingredients to the ramekin, and whisk or stir with a fork very briskly.
4. Add the baking Soda- cider vinegar mixture to the ramekin, and stir in well.
5. Stir, scraping sides, until clump free, may have to stab at some stubborn clumps.
6. Cook in Microwave for 1 minute and 30 Seconds, or can bake at 400 F for 12 to 15 minutes, until middle is firm.
7. Take a knife between the bowl and muffin and slide around to loosen edges.
8. Cool enough to handle, then remove from bowl, and cut in half sideways.
9. Toast in a buttered or oiled frying pan, until lightly browned on each side (like a pancake) this is an important step, do not skip.
10. Use a spatula to press the tops of muffins lightly down while pan toasting (as seen in photo above).

Notes

Best when toasted in buttered or oiled fry pan. A toaster oven might be okay, but not a regular toaster. These are great with butter and honey, almond butter or sunflower seed butter, and egg muffin sandwich, or even a mini pizza.



Nutrition Information

Serving size: entire recipe Calories: 220 Fat: 18 g Carbohydrates: 5 g / Net Carbs: 2.5 g Sugar: 1 g Fiber: 2.5 g Protein: 8 g

Recipe by www.beautyandthefoodie.com at <http://www.beautyandthefoodie.com/quick-paleo-english-muffins/>

