



Nicola Lonie

# KETO CUPCAKES

## Ingredients:

### For the Cupcakes:

- 1½ cups (150g) almond flour
- ½ cup (100g) cottage cheese or sour cream
- 3 large eggs
- ¼ cup (50g) butter, melted
- ¼ cup (50g) erythritol or preferred keto sweetener
- 1 tsp vanilla extract
- 1½ tsp baking powder
- Pinch of salt

### For the Frosting:

- 200g cream cheese
- 2 tbsp butter, softened
- 2 tbsp powdered erythritol
- ½ tsp vanilla extract
- Optional: pinch of cinnamon or nutmeg for dusting

**Calories** : 250 kcal

**Protein** : 9 g

**Fat** : 22g

**Carbohydrates** : 3g

**Fibre** : 1g

**Sugar** : 1g



## Instructions:

1. Preheat oven to 175°C / 350°F and line a muffin tray with 6 cases.
2. Mix all cupcake ingredients until smooth, then divide evenly between cases.
3. Bake for 18–20 minutes, or until golden and firm to the touch.
4. Let cool completely before frosting.
5. For the frosting, beat cream cheese, butter, sweetener, and vanilla until fluffy.
6. Pipe or spread onto cupcakes and dust with cinnamon or nutmeg if desired