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Coming to terms with the fact that my body feels much better when I'm consuming grain-free foods has become more apparent the older I get. When I consume grains, processed, and sugary foods I notice immediate joint pain and stiffness. To make this lifestyle change easier I began incorporating some healthy low carb, grain-free treats to help me and anyone willing to try these recipes indulge in fluffy yumminess without health consequences. So keep reading if you want to fill your kitchen with sweet, blueberry and citrus aromas.

I've made these moist little loafs several times now and are an absolute go-to for a quick keto-friendly treat. Outside of the low carb benefits of just 3 net carbs, these loaves are also easy to pack and just as good cold, which is great for traveling. Now, what are you waiting for let the yummy baking session begin!

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BLUEBERRY & LEMON MINI LOAF

Cook Time30 mins

Course: Dessert
Cuisine: American
Keyword: Blueberry Loaf, Keto cake, Keto Dessert, Lemon loaf, Low Carb Lemon Cake
Servings: 24 servings
Calories: 210kcal
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EQUIPMENT

- Hand mixer & Blender
- 2 mixing bowls
- Measuring cup
- Silicone spatula or Spoon

INGREDIENTS

DRY INGREDIENTS

- 5 cups Almond flour
- 1 cup Allulose (or any other 0 net carb sweetener)
- 1 tsp Baking soda
- 2 tsp Baking powder

WET INGREDIENTS

- 4 whole Egg
- 1 cup Almond milk
- 2 tbsp Heavy cream (Optional)
- 1/2 cup Olive oil

- 1/4 cup Lemon juice
- 2 tbsp Apple cider vinegar
- 2 tsp Vanilla extract
- 2 tsp Lemon extract
- 1 cup Blueberries

CREAM CHEESE FROSTING (OPTIONAL)

- 8 oz Softened cream cheese
- 1/2 cup Allulose
- 2 tbsp Lemon
- 1/4 cup Unsweetened almond milk

INSTRUCTIONS

COOKING INSTRUCTIONS

1. 1. Preheat oven to 350 degrees

   2. In a large bowl, combine together all of your dry ingredients and whisk together until everything is evenly combined.
   3. In a medium bowl, combine all the wet ingredients (eggs, milk, heavy cream, olive oil, lemon juice, apple cider vinegar, vanilla, and lemon extract) and blend together until the batter is smooth.
   4. Take your mini loaf pan and spray it with non-stick cooking
   spray. Drop one scoop of batter into a loaf. Next, top the batter with a few blueberries, then spoon another scoop of batter on top. Gently push a few more blueberries on top into the batter and prepare to bake.
   5. Bake for 10 minutes. Remove from the oven and cover the pan with foil. Bake for

another 15 minutes, this will allow the loaves to steam and ensure it cooks all the way through. For a little more browning, remove the foil and allow it to bake for another 5 minutes for a total of 30 minutes. Allow the loaves to completely cool before removing them from the pan, which will keep them from falling apart while transferring them.

VIDEO

NOTES

Note: Allulose isn't metabolized by the body and doesn't cause insulin spikes. It is recognized as a zero net carb sweetener. Click here to learn more about this low calorie sweetener, Allulose.

Keto Blueberry Lemon Loaf

Nutrition Facts

1 serving per container
Serving size
1 Loaf (0.0g)

Calories per serving 210

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 16g	23%	Dietary Fiber 3g	11%
Saturated Fat 2g	10%	Total Sugars 2g	
Trans Fat 0g		Includes 0g Added Sugars	0%
Cholesterol 35mg	10%	Sugar Alcohol 9g	
Sodium 78mg	3%	**Protein** 4g	
Total Carbohydrate 15g	5%		

Vitamin D 0.03mcg 2% • Calcium 106mg 8% • Iron 1mg 6% • Potassium 220mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: KIRKLAND ALMOND FLOUR, ALMOND MILK (ALMONDMILK (FILTERED WATER, ALMONDS), CALCIUM CARBONATE, NATURAL VANILLA FLAVOR WITH OTHER NATURAL FLAVORS, SEA SALT, POTASSIUM CITRATE, CARRAGEENAN, SUNFLOWER LECITHIN, VITAMIN A PALMITATE, VITAMIN D2 AND D-ALPHA-TOCOPHEROL (NATURAL VITAMIN E)), NON-GMO ALLULOSE, EGG, BLUEBERRIES, OLIVE OIL, LEMON JUICE, HORIZON ORGANIC HEAVY CREAM, APPLE CIDER VINEGAR, BAKING POWDER (CORNSTARCH, SODIUM BICARBONATE, SODIUM ALUMINUM SULFATE, MONOCALCIUM PHOSPHATE), VANILLA EXTRACT (WATER, ALCOHOL (35%), SUGAR, VANILLA BEAN EXTRACTIVES), LEMON EXTRACT (WATER, ALCOHOL, LEMON OIL), BAKING SODA

CONTAINS: MILK, EGG, ALMOND

Audra's Cream Cheese Icing

Nutrition Facts

16 servings per container
Serving size
1 Tbs (0.0g)

Calories per serving 50

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 4.5g	6%	Dietary Fiber 0g	0%
Saturated Fat 3g	15%	Total Sugars <1g	
Trans Fat 0g		Includes 0g Added Sugars	0%
Cholesterol 20mg	7%	Sugar Alcohol 7g	
Sodium 55mg	2%	**Protein** 1g	
Total Carbohydrate 8g	3%		

Vitamin D 0mcg 0% • Calcium 26mg 2% • Iron 0mg 0% • Potassium 0mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CREAM CHEESE (PASTEURIZED MILK AND CREAM, WHEY PROTEIN CONCENTRATE, SALT, CAROB BEAN GUM, XANTHAN GUM, CHEESE CULTURE), NON-GMO ALLULOSE, ALMOND MILK (ALMONDMILK (FILTERED WATER, ALMONDS), CALCIUM CARBONATE, NATURAL VANILLA FLAVOR WITH OTHER NATURAL FLAVORS, SEA SALT, POTASSIUM CITRATE, CARRAGEENAN, SUNFLOWER LECITHIN, VITAMIN A PALMITATE, VITAMIN D2 AND D-ALPHA-TOCOPHEROL (NATURAL VITAMIN E)), LEMON JUICE

CONTAINS: MILK

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