

MINI CHEESE AND ONION MUFFINS

INGREDIENTS

1 cup almond flour

1/4 cup finely grated onion (shallots are better but expensive)

1/4 cup finely grated mature cheddar cheese

1/2 teaspoon salt

1/4 teaspoon paprika

3 tablespoons butter, melted

3 tablespoons sour cream

1 egg

METHOD

Preheat oven at 180C

Line a mini muffin or cupcake tin with cupcake liners.

In a small bowl, stir all the dry ingredients together, then add the wet ingredients and mix well.

Spoon the mixture into the cupcake liners, ensuring that you fill them to the top.

Bake for about 20 minutes or until the edges are golden.

Allow them to cool for an hour before serving, or the liners will stick to the muffins.

Store in an airtight container. If they are soggy the next day, place them in the oven at 180C for 10 minutes.