

KETO KITCHEN

CHOCOLATE CUPCAKES

Ratio: 2.15:1, 12 servings ~50 grams each
207 Kcal, 19 grams fat, 6.3 grams protein, 2.6 grams net CHO

Almond Flour	222 g
Eggs, whole, whisked	150 g
Butter, unsalted	50 g
Dark Chocolate, ChocZero	50 g
Cream Cheese	58 g
Heavy Cream	40 g
Sour Cream	25 g
Baking Powder	9 g
Vanilla Extract	5 g
Salt	0.5 g
Monk Fruit	0.5 g
Cocoa Powder	11 g

DIRECTIONS:

1. Preheat oven to 350F
2. Weigh/measure all ingredients separately
3. In small sauce pan on low heat; add heavy cream, butter, and cream cheese
4. Once it starts to steam/is mostly melted, remove from heat and add chocolate chips and sour cream; stir to combine. Chocolate chips should be completely melted (this can also be done in a microwave). Pour into mixing bowl, scraping with rubber spatula; set aside to let cool slightly
5. In separate bowl whisk together almond flour, baking powder, salt, monk fruit, and cocoa powder
6. Once cream mixture is cool, add in vanilla and eggs; stir well to combine
7. Add dry mixture to chocolate mix; stir well with rubber spatula to combine
8. Measure batter into muffin liners on scale (50 g); place in muffin tin to bake
9. Bake at 350 for 10-15 minutes, rotating; check to see if top is still wet, depending on oven the total time will vary (it will probably need 25 minutes total)
10. Once cupcakes have risen and toothpick comes out clean, remove from oven and let cool completely
11. Store in fridge if using within 2-4 days. If storing in freezer, cool completely, wrap each cupcake individually with plastic wrap then place in gallon plastic bag to help prevent freezer burn (up to 6 months in freezer)



GANACHE

Ratio: 5.4:1, 12 servings ~ 16 grams each
61.3 Kcal, 6.3 grams fat, 0.3 grams protein,
.86 grams net CHO

Heavy Cream	126 g
Dark Chocolate, ChocZero	55 g
Milk Chocolate, ChocZero	15 g

DIRECTIONS:

1. Measure all ingredients; place chocolate in heat safe bowl
2. In small pan (if using microwave, use microwave-safe bowl), heat heavy cream until scalding (cream starts to steam but not boil)
3. Pour hot cream on top of chocolate chips, **DO NOT STIR**; let sit 5 minutes then whisk to combine; let cool at room temp
4. Once cooled (still liquid state), place in mixing bowl with a whip or paddle attachment.
5. Turn on, slowly increasing speed to medium high, watch carefully to avoid overwhipping, will take about 5-10 minutes to become fluffy.
6. Frost immediately and store in fridge (will last in fridge for 3-5 days)