



Low-Carb Muesli Muffins - Ingredients

	NAME	AMOUNT	UNIT	TOTAL WEIGHT
<input type="checkbox"/>	Whole Chicken Eggs (M) <i>(51 g)</i>	2	Piece	51 g
<input type="checkbox"/>	Full-Fat Quark Cheese <i>(1 g)</i>	30	Gram	1 g
<input type="checkbox"/>	Ground Almonds 2 <i>(10 g)</i>	4	Tablespoon	10 g
<input type="checkbox"/>	Chopped Hazelnuts <i>(15 g)</i>	1	Tablespoon	15 g
<input type="checkbox"/>	Chopped Walnuts <i>(5 g)</i>	3	Teaspoon	5 g
<input type="checkbox"/>	Sunflower Seeds (Shelled) <i>(10 g)</i>	1	Tablespoon	10 g
<input type="checkbox"/>	Erythritol <i>(10 g)</i>	2	Tablespoon	10 g
<input type="checkbox"/>	Baking Powder <i>(4 g)</i>	1	Teaspoon	4 g