

- Prep Time: 20 Minutes
 - Cook Time: 22-25 Minutes
 - Cool Time: 30 Minutes
 - Total Time: Approximately 1 Hour 15 Minutes
 - Intensity Level: Moderate (2.5/5)
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The Ingredients

To achieve the perfect texture and flavor, precision in ingredients is key. Please note that substitutions (like swapping almond flour for coconut flour one-to-one) will not work in this recipe.

For the Cream Cheese Filling:

- 4 oz (113g) Full-fat Cream Cheese: It is crucial that this is at room temperature. Cold cream cheese will seize up and create lumps when mixed with the sweetener.
- 2 tbsp Powdered Erythritol (Confectioner's Swerve): Powdered sweetener is essential here. Granular sweetener will leave a gritty texture in the creamy center.
- 1 Large Egg Yolk: Save the white for the muffin batter.
- 1/2 tsp Vanilla Extract: Use pure vanilla, not imitation, for the best flavor.

For the Pumpkin Muffin Batter:

- 1 1/2 cups (150g) Superfine Almond Flour: Blanched almond flour is preferred over almond meal for a lighter crumb.
- 1/4 cup (30g) Coconut Flour: This adds structure and absorbs moisture. Do not omit.
- 1/2 cup (100g) Granular Erythritol (Swerve): You can also use Monk Fruit Allulose blend for a browner crust.

- 1 tbsp Baking Powder: Ensure it is fresh for maximum lift.
- 1 1/2 tsp Pumpkin Pie Spice: Or make your own blend of cinnamon, nutmeg, ginger, and cloves.
- 1/2 tsp Pink Himalayan Salt: Enhances the sweetness and balances the spice.
- 3/4 cup (180g) Pure Pumpkin Puree: Ensure this is 100% pumpkin, NOT pumpkin pie filling.
- 3 Large Eggs: Room temperature eggs fluff up better.
- 1/4 cup (60ml) Melted Coconut Oil: Or butter, slightly cooled.
- 1/4 cup (60ml) Unsweetened Almond Milk: Or heavy cream for extra richness.
- 1 tsp Vanilla Extract

Optional Garnish:

- 2 tbsp Chopped Pecans or Walnuts: For a crunch on top.
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The Equipment

- 12-cup Standard Muffin Tin
 - Paper Muffin Liners (Parchment paper liners work best to prevent sticking)
 - Two Medium Mixing Bowls
 - Hand Mixer or Stand Mixer (or whisk and elbow grease)
 - Rubber Spatula
 - Ice Cream Scoop (for even distribution)
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The Instructions

Phase 1: Preparation (Time: 10 Minutes | Intensity: Low)

Step 1: Preheat and Prep

Preheat your oven to 350°F (175°C) . Line your muffin tin with 12 paper liners. If you are not using paper liners, grease the tin generously with coconut oil or butter to prevent sticking. Keto baked goods tend to stick more than traditional ones due to the lack of gluten.

Step 2: Create the Cream Cheese Filling

In a medium mixing bowl, combine the room temperature cream cheese, powdered

erythritol, egg yolk, and vanilla extract. Using a hand mixer on medium speed, beat the mixture until it is completely smooth and creamy. Scrape down the sides of the bowl to ensure no lumps remain. Set this bowl aside. *Chef's Note: If your cream cheese is cold, place the bowl over a pot of simmering water (double boiler) for 30 seconds to soften it before mixing.*

Phase 2: The Dry Ingredients (Time: 5 Minutes | Intensity: Low)

Step 3: Whisk the Dry Mix

In a separate large mixing bowl, combine the almond flour, coconut flour, granular erythritol, baking powder, pumpkin pie spice, and salt. Whisk these dry ingredients together vigorously for about 30 seconds. This breaks up any clumps in the almond flour and ensures the baking powder and spices are evenly distributed throughout the batter.

Phase 3: The Wet Ingredients (Time: 5 Minutes | Intensity: Medium)

Step 4: Combine the Wet Mix

In a third bowl (or a large measuring jug), whisk together the pumpkin puree, three large eggs, melted coconut oil, unsweetened almond milk, and vanilla extract. Whisk until the mixture is uniform and slightly frothy. The eggs and oil should be fully emulsified.

Phase 5: Bringing it Together (Time: 5 Minutes | Intensity: Medium)

Step 5: Create the Batter

Pour the wet ingredients into the bowl with the dry ingredients. Using a rubber spatula, fold the mixture together gently. Do not overmix. Stir just until no dry streaks of flour remain. The batter will be thick and scoopable, not runny like traditional pancake batter. Let the batter rest for 3-5 minutes to allow the coconut flour to absorb the moisture.

Phase 6: Assembly (Time: 5 Minutes | Intensity: Medium)

Step 6: Layer the Muffins

Using a cookie scoop or spoon, fill each muffin liner about 1/3 of the way full with the pumpkin batter. This layer anchors the muffin.

Next, spoon about 1 heaping teaspoon of the cream cheese filling into the center of each muffin. Try to keep it centered.

Finally, top the cream cheese layer with more pumpkin batter until the liner is about 3/4 full. Use a toothpick to gently swirl the top layer of batter just slightly—do not mix it completely; you want a distinct ribbon of cream cheese.

Step 7: Top it Off

If desired, sprinkle the chopped pecans or walnuts over the top of the muffins for a textural crunch.

Phase 7: Baking and Cooling (Time: 25 Minutes | Intensity: Low)

Step 8: Bake

Place the muffin tin in the center of the preheated oven. Bake for 22 to 25 minutes. Because ovens vary, check at the 20-minute mark.

The muffins are done when the tops are golden brown and a toothpick inserted into the *muffin part* (not the cream cheese center) comes out clean. The cream cheese center might still look slightly soft, which is perfect.

Step 9: The “Last of the Recipe” (Cooling)

This is the most important step: Remove the muffins from the oven and let them sit in the tin for 10 minutes. Then, transfer them to a wire rack to cool completely.

Why? Keto muffins are fragile when hot. If you try to eat them immediately, they will crumble. As they cool, the coconut flour and almond flour set up, creating a dense, moist crumb. The cream cheese also sets, becoming a luscious, cheesecake-like center. Allow at least 30 minutes of cooling for the best texture.

Nutrition Information (Per Muffin)

This recipe makes 12 muffins. The nutrition facts below are calculated using standard ingredients and do not include the optional nuts.

- Calories: 185 kcal
- Total Fat: 16g
- Saturated Fat: 6g
- Cholesterol: 75mg
- Sodium: 160mg
- Total Carbohydrates: 5g
- Dietary Fiber: 2.5g
- Total Sugars: 1g
- Net Carbs: 2.5g
- Protein: 5g