



Atkinscenter.com

[Click to print](#)

Cinnamon Mini Muffins

Make ahead and freeze for an easy weekday breakfast.

Ingredients

1/2 cup sliced blanched almonds
 1/2 cup [Atkins Bake Mix, divided](#)
 2 teaspoons ground cinnamon
 1/2 teaspoon baking powder
 1 stick butter, at room temperature
 12 packets [sugar substitute](#)
 3 eggs
 2 teaspoons [vanilla extract](#)

Directions

1. Heat oven to 350° F. Spray mini-muffin tins with cooking spray.
2. Pulse almonds in bowl of food processor and 1 tablespoon bake mix until almonds are finely ground (the bake mix will prevent over processing of almonds). Add remaining bake mix, cinnamon and baking powder; pulse to combine.
3. With an electric mixer on medium speed, beat butter and sugar substitute on until fluffy, 3 to 4 minutes. Beat in vanilla extract. Add eggs, one at a time, beating well after each addition. Fold in almond mixture with a spatula. Fill muffin tins 2/3 full with batter.
4. Bake 20 minutes or until set in middle. Transfer to wire rack for 5 minutes to cool. Turn out muffins on to rack to cool completely.

Atkins Tip

If batter appears runny, refrigerate for 30 minutes before filling tins.

Variations

Chocolate Mini-Muffins: omit cinnamon and add 2 scoops of Atkins Chocolate Shake Mix.
 Pumpkin Mini-Muffins: add 2 tablespoons pumpkin puree before adding eggs. Add 1 more egg; replace cinnamon with 1 teaspoon pumpkin pie spice. Banana Mini-Muffins: omit cinnamon and vanilla. Add 1 tablespoon banana extract.

[IN BRIEF]

Servings: 20
 Prep time: 15 minutes
 Bake/Cook time: 20 minutes

[NUTRITION PER SERVING]

[Carbohydrates](#): 2 grams
[Net Carbs](#): 1.5 grams
[Fiber](#): 0.5 grams
[Protein](#): 1.5 grams
[Fat](#): 7 grams
[Calories](#): 62

Good for
 Atkins Plus:

You can find this article at:

http://www.atkinscenter.com/food/recipes/all/Cinnamon_Mini_Muffins.html

Copyright ©1999-2002 Atkins Nutritionals, Inc. All Rights Reserved.

<http://www.atkinscenter.com/>

1-800-2-ATKINS