



## Zen & The Art of Cooking With Pressure

### Low-Carb Lemon Cup Cakes

Yield: 12 cut cakes

Gluten-free, grain-free, low carb, Keto, sugar-free, vegetarian

Preparation time: 10 minutes

Baking time: 15 - 18 minutes in preheated 375-degrees F oven

#### Ingredients:

1 whole lemon

3 eggs at room temperature

1/4 cup Erythritol & Monk fruit sweetener

1 tsp vanilla extract

1 1/4 cup almond flour

2 Tbsp coconut flour (use the coconut flour only if the batter appears too runny - you want a muffin batter consistency to spoon into the mini cake forms)

1/2 tsp baking powder

#### Method:

1. Carefully peel the zest off the lemon and remove the pith and seeds. Cut lemon into 4 - 6 pieces. Place lemon with zest into a food processor and blitz.
2. Add eggs to the lemon and process until light and fluffy. Add sweetener and vanilla and process for 1 minute.
3. Add almond flour and baking powder and pulse just until the mixture is well combined. Crape down the batter and ensure it is similar to muffin batter. If it appears too liquid add 1 - 2 Tbsp of coconut flour and stir well.
4. Spoon batter into prepared baking forms (I use melted coconut oil and thinly brush a thin coat all over the forms for easy release after baking). Each cup cake form here contains approximately 4 tsp of batter.
5. Bake cake in 375-degrees F oven until done, about 15- 18 minutes. Remove from oven and let cool complete before removing the cupcakes.

Serve as is, with whipped cream or lemon curd. I prepared some unsweetened whipping cream and folded in a little of my Keto Lemon Curd.