PRIMAL GUIDE

Carnivore Muffins

PREP 10 MIN • COOK 25 MIN • YIELD 6 MUFFINS

INGREDIENTS

- 6 pasture-raised eggs
- ½ cup grated raw cheese (such as raw cheddar)
- ¼ cup raw cream
- 1 tbsp butter or tallow, melted, plus more for the cups
- pinch of salt
- savory: 2–3 tbsp crumbled cooked bacon (optional)
- sweet: pinch of cinnamon and 1 tsp pure maple syrup (optional)

STEPS

1. Preheat oven to 350°F. Brush 6 silicone muffin cups with butter or tallow and set them on a tray.
2. Whisk the eggs, cream, melted butter and salt until smooth.
3. Stir in the cheese and your savory or sweet add-ins, if using.
4. Pour into the cups, filling each about ¾ full.
5. Bake for 20–25 minutes, until puffed, lightly golden and set in the center.
6. Cool in the cups for 5 minutes, then pop them out onto a rack.

Raw dairy: buy only from a clean, trusted source and check the rules where you live (see Primal Guide's Raw Milk Laws by State guide). Primal Guide isn't liable for illness from raw dairy.

primalguide.org/carnivore-muffins

Not medical advice. Talk with your doctor about your diet.

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