

Garlic, Rosemary and Chive Muffins

Makes 12 Muffins

2-1/4 cups blanched almond flour
1-1/2 tsp sea salt
3/4 tsp baking soda
6Tbsp garlic infused olive oil
4 large eggs
2 egg whites
1-1/2 cup fresh chives, chopped
1/4 cup fresh rosemary, finely chopped
Pinch of freshly ground black pepper



Preheat oven to 350 degrees. Line a muffin tin with paper liners or lightly grease with coconut oil. In a large mixing bowl combine almond flour, sea salt, baking soda and black pepper, set aside. In a separate bowl whisk together olive oil, eggs and egg whites until frothy. Blend the wet mixture into the dry mixture using a handheld mixer until thoroughly combined, fold in chives and rosemary. Divide evenly between the muffin cups (using an ice cream scoop or 1/4 cup measuring cup works very well). Bake for 25-30 minutes or until they pass the toothpick test. Remove from oven and cool in the pan on a wire rack for 20 minutes. Serve warm.



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This recipe is shared at:

Fight Back Friday, Fresh Bites Friday, Make Ahead Monday, Tasty Tuesday, Slightly Indulgent Tuesday, Gluten Free Wednesdays

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Pumpkin Cake or Pumpkin Pie? Yes, Please! »

Comments

frugalfeeding says:

December 15, 2011 at 4:19 pm

Incredible sounding muffins, seriously! I would clearly devour any number of these. I do love a good savory muffin/scone type thing!

REPLY

**Simply Living Healthy says:**

December 16, 2011 at 6:34 am

They have such a great texture too! I hope you like them!

REPLY

**Jen says:**

December 16, 2011 at 2:12 pm

Those look fantastic. They are going to the top of my "try this" list! Thanks for sharing!

REPLY

**Jan's Sushi Bar says:**

December 19, 2011 at 6:04 pm

Holy moley, these look good – thank you SO much for linking this recipe with Make Ahead Monday!

BTW, I modified your Perfect Paleo Biscuits as a topping for chicken pot pie for dinner tonight – I'll let you know it comes out (so far, it smells absolutely delicious).

REPLY

**Eileen Beran says:**

December 21, 2011 at 9:10 pm

These look great. I love that they're grain free & no xanthan gum. I've pinned and will want to try them soon.

REPLY

**Simply Living Healthy says:**

December 21, 2011 at 9:13 pm

pecans pie pork **primal**
pumpkin quick and easy raisins
refined sugar free ricotta
salad shrimp side dish spicy spinach
squash stevia sweet potato **vegan**
vegetarian Whole 30 yacon

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I'm making them for Christmas Eve dinner on Saturday...hope you like them as much as we do!

REPLY



Vicky says:

December 28, 2011 at 2:38 pm

These look awesome! BTW I posted a reply to the Christmas cake question!

Thanks for popping over, I will be back!

REPLY



tinykitchenstories says:

November 28, 2012 at 10:40 am

Making these tonight, modified to be "buns" for my lamb burger! I'll let you know how it goes.

REPLY



Simply Living Healthy says:

November 28, 2012 at 1:56 pm

Sounds wonderful! I love lamb burgers!

REPLY



tinykitchenstories says:

November 28, 2012 at 2:12 pm

It might get featured on my blog if all goes well, with full credit to you, of course!



tinykitchenstories says:

November 29, 2012 at 12:33 pm

Oh my goodness, it worked brilliantly! I had to modify the recipe slightly—added flaxseed to make sure they'd hold a burger, plus didn't have garlic olive oil so just threw in some grated garlic—but I'm sitting here now eating a tuna fish SANDWICH thanks to you! 😊



annesturetucker says:

December 3, 2012 at 3:48 pm

These muffins look so good! I have never made savory muffins before – you just convinced me 😊

Thank you!

REPLY



Simply Living Healthy says:

December 3, 2012 at 7:55 pm

You'll be hooked! I hope you enjoy them!!

REPLY



cindy says:

April 16, 2014 at 8:28 pm

These muffin's have a nice texture but way to much salt

REPLY



lala says:

June 4, 2014 at 1:39 am

can i change the almond flour to coconut flour?

REPLY



Trackbacks

Weekly Gluten-Free Roundup – December 18, 2011 « Celiac Kitchen Witch says:

December 18, 2011 at 6:56 pm

[...] Egg Scramble from Gluten-Free Pantry.Fruit and Nut Breakfast Treats from Daily Bites.Garlic,Rosemary and Chive Muffins from Simply Healthy Living.Gingerbread Muffins (DF) from Gluten-Free Pantry.Macadamia Coconut Lime [...]

REPLY



Check Out My [Paleo] Buns « tinykitchenstories says:

December 2, 2012 at 6:46 pm

[...] then I got smart and checked out a great savory muffin recipe at Simply Living Healthy (which has now become my new favorite blogger). EUREKA! These would make great buns, especially for [...]

REPLY

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