

MACRO-FRIENDLY RECIPES

PEANUT BUTTER PROTEIN SNACK MUFFINS



Created by a 'recovering sweets-addict' chef, these low calorie muffins are sugar-free and delicious! They can be gluten-free too if you choose to use GF oats. At only 83 calories per muffin, having three for a meal or snack is far from guilt! Although these don't have a super strong peanut butter flavor, more can be added either in the recipe or as a topping.

INGREDIENTS

- 1 C old fashioned rolled oats
- 1/2 C natural peanut butter
- 1 t baking soda
- 1 t baking powder
- 1/2 C unsweetened apple sauce
- 1/2 C plain Greek yogurt
- 1 1/2 - 2 t liquid stevia (or equivalent of granulated)
- 2 scoops vanilla protein powder
- 1/2 C egg whites (or 4 large egg whites)
- 1 t vanilla
- 1/4 t salt
- 1/4 C unsweetened almond milk

DIRECTIONS

Preheat oven to 350 degrees.

Add all ingredients to a blender and blend until smooth.

Spray 1 and a half muffin tins with non stick spray (18 muffin spots). Pour batter in each tin about 2/3 of the way to the top.

Bake for 12 minutes and let cool 5-10 minutes before you pull them out.



NUTRITION INFORMATION

Serving Size: 1 muffin (yields 18 servings for recipe)

Per serving:
Calories: 83
Total Fat: 4g
Carbohydrate: 5.6g
Protein: 6.4g

CHEF'S COMMENTS

Store muffins in a sealed container in the fridge for up to a week or so.

They are best warmed in the microwave. Can be topped with honey, jam, or PB2.

Resource: chocolatesalad.com

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