

Apple Protein Muffins



Servings: 12 muffins

Ingredients:

2 cups of oats (rolled or quick cooking)*

1 apple, peeled and diced

2 scoops vanilla protein powder**

4 egg whites

1 cup non-fat Greek plain or vanilla yogurt

2 tbsp sugar or maple syrup or honey

2 tsp cinnamon

½ tsp baking powder

Pinch of kosher salt

*If you want a more chunky, textured muffin use the rolled oats. If you want a muffin that has a less chunky texture, use quick cooking oats.

** Orgain vanilla, 2 scoops = 150 calories and 21 g protein

Instructions:

Preheat oven to 350 degrees F

Prepare a muffin pan by lightly greasing, or use muffin liners

Combine all ingredients in a large bowl, mix well. Divide amongst 12 muffins

Bake for 18-20 minutes. Let cool and enjoy!

Apple Protein Muffin

Nutrition Facts

Serving Size1 Serving — 12g

Amount Per Serving

Calories132.2

		% Daily Value*
Total Fat	1.8 g	2 %
Saturated Fat	0.4 g	2 %
Trans Fat	0 g	
Cholesterol	0.3 mg	0 %
Sodium	114.9 mg	5 %
Total Carbohydrate	21.8 g	8 %
Dietary Fiber	3.2 g	11 %
Total Sugars	6.5 g	
Added Sugars	3.6 g	7 %
Protein	8.1 g	
Vitamin D	0 mcg	0 %
Calcium	51.6 mg	4 %
Iron	1.6 mg	9 %
Potassium	145.5 mg	3 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at oronometer.com

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