Empower/Optimal Wellness For Life Programs



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

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!

Amount Per Serving Calories % Daily Value Total Fat 1.8 g 2.9 Saturated Fat 0.4 g 2.9 Trans Fat 0.9 Cholesterol 0.3 mg 0.9 Sodium 114.9 mg 5.9 Total Carbohydrate 21.8 g 8 9 Dietary Fiber 3.2 g 11 9 Total Sugars 6.5 g Added Sugars 6.5 g Added Sugars 9.5 g Protein 8.1 g Vitamin D 0 mcg 0 9 Calcium 51.6 mg 9 9	Nutrition F		
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	Calcium	51.6 mg	4 9
Potassium 145.5 mg 3 9	Iron	1.6 mg	9 9
	Potassium	145.5 mg	3 9

^{*}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