

Low Carb Chocolate Chip Protein Muffins



This recipe uses only 5 ingredients to create perfectly moist, fluffy protein muffins. No white flour, no sugar, no eggs!

Ingredients

- 2 scoops vanilla protein powder (*64-67 grams*)
- 1 teaspoon baking powder
- 1/2 cup almond flour
- 1/2 cup peanut butter *or any nut or seed butter*
- 1 cup unsweetened applesauce
- 1/2 cup chocolate chips *optional*

Instructions

1. Preheat the oven to 180C/350F. Line a muffin tin with 8 muffin liners and set aside.
2. In a large mixing bowl, add your dry ingredients and mix well. Add your peanut butter and unsweetened applesauce and mix until fully combined. Fold through your chocolate chips.
3. Divide the batter amongst the muffin liners and bake for 10-12 minutes, or until a skewer comes out mostly clean.
4. Remove the muffins from the oven and allow them to cool for 5 minutes, before transferring to a wire rack to cool completely.

From ***Skinny Taste*** (skinnytaste.com)