

APPLE CINNAMON PROTEIN MUFFINS



INGREDIENTS:

- 2 cups rolled oats
- 1 apple, diced
- 2 scoops vanilla protein powder
- 4 egg whites
- 1 cup of Non-fat Greek yogurt
- 2 tsp. cinnamon
- 1/2 tsp. baking powder
- Pinch of Kosher salt

DIRECTIONS:

1. Pre-heat oven to 350 degrees.
2. Spray muffin pan with non-stick spray or use paper liners.
3. Combine all the ingredients in a large bowl and mix well.
4. Divide evenly into 12 muffins.
5. Bake for about 18 minutes. Insert toothpick into center to see if it comes out clean. If not, continue baking for another 2 minutes.
6. Let cool completely.

Enjoy!

Makes 12 - 1 serving = 1 muffin
Calories: 106 | Protein: 9 gm | Carbs: 15 gm | Fat: 1.5 gm