



Clean Pumpkin Protein Muffins

8 servings
30 minutes

Ingredients

1 cup Pureed Pumpkin (put the leftovers in the freezer for use later on, or add to a smoothie for extra vitamin C and A!)

1/2 cup Egg Whites

1/2 cup Unsweetened Applesauce

1 cup Plain Greek Yogurt

2 tbsps All Natural Peanut Butter

1 tsp Vanilla Extract

1 cup Oat Flour

2 cups Vanilla Protein Powder (Whey)

1/4 tsp Baking Soda

1 1/2 tsps Baking Powder

1 tsp Pumpkin Pie Spice

1 tsp Cinnamon

Nutrition

Amount per serving	
Calories	214
Fat	4g
Carbs	18g
Fiber	4g
Sugar	4g
Protein	26g

Directions

- 1 Preheat oven to 350 degrees
- 2 Mix together the pumpkin, egg whites, apple sauce, yogurt, peanut butter, stevia and vanilla in a large bowl with an electronic mixer
- 3 Add in the oat flour, protein powder, baking soda baking powder and spices and mix until well-combined
- 4 Prep your muffin tins with a coat of olive oil cooking spray
- 5 Spoon your muffin mixture evenly into each muffin tin
- 6 Now bake them for about 15 minutes at 350 degrees. Let the muffins sit for 5 minutes

Notes

Makes about 16 muffins: 1 serving = 2 muffins

Oat Flour: You can buy oat flour at most whole foods stores, but you can also easily make it yourself at home. Simply put quick oats in your food processor or high powdered blender (like a Ninja or Magic Bullet) and blend up until it's a fine powder.

Photo Credit: <http://fitsuccess.blogspot.ca/2013/11/clean-pumpkin-protein-muffins.html>