



Apple Cinnamon Protein Muffin

Have this protein muffin for breakfast, as a snack or even dessert.

<u>U.S.</u>		<u>Metric</u>
3/4 cup	All purpose flour	85 g
3/4 cup	Oat Flour	75 g
1/2 cup	Vanilla protein powder	57 g
1 tsp	Baking powder	5 g
1 tsp	Baking soda	5 g
1/2 tsp	Kosher salt	3 g
1 tsp	Cinnamon	1g
1/4 tsp	Nutmeg	.35 g
4 tbsp	Butter, unsalted, softened	60 mL
3/4 cup	Swerve sugar substitute	28 g
2 each	Egg, beaten	2 each
1/4 cup	Milk, 1%	59 mL
1 tsp	Vanilla extract	5 mL
1/2 cup	Applesauce, unsweetened	118 mL

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 325°F (165°C).
3. In a medium bowl, add all dry ingredients; flour, oat flour, vanilla protein powder, baking powder, baking soda, salt, cinnamon, nutmeg. Mix to incorporate.
4. Using a paddle attachment of a stand mixer, cream the butter and Swerve on medium speed for about 2-3 minutes or until mixture becomes light and fluffy and an off-white color.
5. Add eggs one at a time, completely incorporating into butter mixture before adding the second egg.
6. Add milk, vanilla and applesauce. Mix until just combined.
7. Add dry ingredients to the wet batter.
7. Scoop 1 oz or 2 Tbsp of batter into a greased lined mini-muffin tin. Each cups should be 2/3 - 3/4 full.
8. Bake for 10-15 minutes or until a toothpick comes out clean.

****Chef's Note:** If you can't find oat flour, blend oats in food processor or blender until they become a flour like consistency.

****Nutrition Facts on Reverse**

Nutrition Facts

24 Servings

Serving size **1 muffin**

Amount per serving

Calories **70**

Calories from Fat 25

Total Fat 2.5 g

 Saturated Fat 1.5 g

 Trans Fat 0 g

 Monounsaturated Fat 0.5 g

Cholesterol 20 mg

Sodium 125 mg

Total Carbohydrate 12 g

 Dietary Fiber 1 g

 Total Sugars 1 g

 Includes 1 g Added Sugars

Protein 5 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 40 mg

Phosphorus 15.5 mg

Nutrition Facts

12 Servings

Serving size **2 muffins**

Amount per serving

Calories **140**

Calories from Fat	45
Total Fat	5 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	1.5 g
Cholesterol	40 mg
Sodium	250 mg
Total Carbohydrate	25 g
Dietary Fiber	2 g
Total Sugars	2 g
Includes 2 g Added Sugars	
Protein	11 g
Vitamin D	0 %
Calcium	2 %
Iron	4 %
Potassium	81 mg
Phosphorus	31 mg