



Apple Cinnamon Protein Muffin

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

<u>U.S.</u>		<u>Metric</u>
3/4 cup	Oat Flour	75g
1/2 cup	Vanilla Protein Powder	57g
1/2 tsp	Baking Powder	5g
1/2 tsp	Baking Soda	5g
1/4 tsp	Kosher Salt	3g
1 tsp	Cinnamon	1g
1/4 tsp	Nutmeg	.35g
2 tbsp	Canola Oil	60mL
1/3 cup	Swerve Sugar Substitute	28g
2 each	Egg, beaten	2 each
1/2 cup	Greek Yogurt, plain, low-fat	59mL
1 tsp	Vanilla Extract	5mL
1/4 cup	Applesauce, unsweetened	118mL

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 cup should be 2/3 - 3/4 full.
8. Bake for 10-15 minutes or until a toothpick inserted into the middle of a muffin 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 45

Total Fat	2 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	20 mg
Sodium	70 mg
Total Carbohydrate	6 g
Dietary Fiber	1 g
Total Sugars	1 g
Includes 0 g Added Sugars	
Protein	4 g
Vitamin D	0 %
Calcium	0 %
Iron	0 %
Potassium	15 mg
Phosphorus	10 mg

Nutrition Facts

12 Servings

Serving size 2 muffins

Amount per serving

Calories 90

Total Fat	4 g
Saturated Fat	0.5 g
Trans Fat	0 g
Monounsaturated Fat	1.5 g
Cholesterol	35 mg
Sodium	135 mg
Total Carbohydrate	12 g
Dietary Fiber	1 g
Total Sugars	1 g
Includes 0 g Added Sugars	
Protein	7 g
Vitamin D	0 %
Calcium	0 %
Iron	0 %
Potassium	30 mg
Phosphorus	15 mg
