

Chocolate Protein Muffins

Ingredients

- 2 cups almond flour or almond meal
- ½ cup stevia
- ½ cup cacao powder
- 2 scoops muscle protein chocolate whey protein (can use vanilla)
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- pinch salt
- ⅓ cup melted coconut oil or avocado oil
- 3 eggs
- 1 teaspoon vanilla essence
- ⅓ cup dark chocolate chips

Time Required

Prepare: 10 minutes

Cook: 25 minutes

Tools Required

Food processor / blender



Instructions

1. Preheat oven to 180°C and line a cupcake pan with paper liners, nonstick spray, or butter. Set aside.
2. Add eggs, sweetener, and vanilla to a standing mixer or large bowl. Mix on high for 1-2 minutes until light and frothy. Meanwhile, add dry ingredients to a small bowl (almond flour, protein powder, cocoa powder, baking powder, baking soda, and salt).
3. With a mixer on low speed, slowly drizzle in melted oil then add dry ingredients to wet ingredients in 2-3 batches. Mix just until batter is smooth. Stir in chocolate chips.
4. Divide and portion batter into prepared cupcake pan.
5. Bake for 20-25 minutes until a toothpick comes out clean when poked through the center of each muffin.
6. Allow them to cool on a wire rack to room temperature before eating.