
CRUSH IT! Café: Poppy Seed Muffins

Muffins are the perfect snack for just about any time of day. These mini muffins are lightly sweet with hints of almond and nutty notes from the poppy seeds. About 3 grams protein per mini muffin and they make a great pre-workout snack.

Ingredients:

1 T. (14g) coconut oil, melted and cooled
1 small container (4oz, 111g) unsweetened applesauce
¼ cup (56g) non-fat greek yogurt
2 T. Splenda (or other no-calorie sweetener)
1 tsp. almond extract
1 egg
½ tsp. baking powder
2 tsp. poppy seeds
40g Core Nutritionals PRO Vanilla Crème
2 T. (14g) almond flour
¼ cup (23g) paleo flour

Directions:

Preheat oven to 350° F. In a microwave safe bowl, melt coconut oil until smooth. Whisk in applesauce, greek yogurt and Splenda. Beat in almond extract and egg. Add remaining dry ingredients: baking powder, poppy seeds, vanilla protein, almond flour and paleo flour, mixing until just incorporated. Lightly spray a mini muffin tin with non-stick cooking spray and fill mini muffin tins with batter. Bake for 12-14 minutes until lightly brown. Let cool muffins for 5 minutes in the pan then carefully remove muffin using a butter knife to release edges and place on cooling rack. Store in an airtight container up to 3 days.

Macros

Serving Size: 1 mini muffin

Servings: 18

33 calories, 2.8g Protein, 2.2g Carbohydrates, 1.8g Fat

