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### **Maple Pecan High Protein Muffins**

**Ingredients:**

3/4 cup oatmeal  
1/4 cup of oat bran  
1 tbsp of whole wheat flour  
6 egg whites  
125 g of cottage cheese  
1/4 tsp of baking soda  
1 tsp of Splenda  
1/4 cup of crushed pecan  
2 tbsp of low-calorie maple syrup  
1 tsp of maple extract  
1 tsp of vanilla extract

**Directions:**

1. In a blender, mix all the ingredients (except for crushed pecan). Blend until the mix gets thick.
2. Add the crushed pecan to the mix and stir (with a spoon or a spatula).
3. Pour the mix in a muffin tin and cook at 350 degrees F. It usually takes about 30 minutes.
4. Quick Tip: These muffins freeze well. If you make a big batch, you can freeze them and then just microwave one when you get a craving.