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Apple Cinnamon Roll Muffins

Ingredients

- 4 egg whites
- 1 1/2 apple, cored and chopped to sauce
- 2 tbsp probiotic fat-free yogurt
- 3 tbsp peanut butter
- 40 grams oat flour
- 40 grams oats
- 40 grams almond flour
- 25 grams coconut flour
- 40 grams quinoa flour
- 2 tsp cinnamon
- 1 cup Stevia
- 5 scoops vanilla protein powder
- 1 tsp flax seeds
- Water, if needed

Directions

1. Preheat oven to 350 degrees Fahrenheit (175 degrees C).
2. Mix all the wet ingredients in bowl.
3. Grind the apple to chunky apple sauce and mix with wet ingredients.
4. Mix all the dry ingredients in a bigger bowl. Mix well, then add the wet ingredients and stir everything to make the mix smooth. The mix should be very sticky and run slowly off a spoon.
5. Pour mix into muffin tray.
6. Bake for 8-10 min. The temperature and time can vary from oven to oven, so I recommend checking the muffins after 6-7 min to ensure you don't over bake them.

Servings: 8

Degree of Difficulty: Easy
Preparation Time: 20 minutes
Cooking Time: 10 minutes
Serving Size: 1 muffin