



Double Chocolate Chip Zucchini Muffins

Ingredients

- Jamie Eason Lean Body for Her Whey Isolate or other chocolate protein powder 160 g
- Baking stevia or sugar 3/4 cup
- Spelt flour or all-purpose or gluten-free baking blend 1/2 cup
- Unsweetened cacao powder 1/4 cup
- Baking powder 1 tsp
- Baking soda 1/2 tsp
- Salt 1/4 tsp
- Zucchini 1 cup or 1 medium zucchini, finely shredded
- Egg whites 1/2 cup, approx. 4 large
- Unsweetened almond milk or milk of choice 1/2 cup
- Vegetable or coconut oil 2 tbsp.
- Vanilla extract 1 tsp
- Cacao chocolate chips 1 oz., approx. 1/4 cup



Directions

1. Preheat oven to 350° F.
2. Whisk together dry ingredients in a mixing bowl.
3. In a separate mixing bowl, beat together wet ingredients.
4. Mix dry and wet until just combined, then stir in chocolate chips.
5. Line cups of a muffin pan with paper, silicone, or foil liners and lightly spray insides with cooking spray. Alternately, you can or skip the liners and lightly coat the inside of each cup with cooking spray.
6. Divide batter between cups, filling almost to the top.
7. Bake for 20-25 minutes or until an inserted toothpick or knife comes out clean.

8. Cool 10-15 minutes before attempting to remove liner. Enjoy with butter if desired.

Nutrition Facts

Serving size: 1 muffin

Recipe yields: 12 servings

Calories: 116

Fat: 4.8 g

Carbs: 8 g (2 g fiber)

Protein: 11 g