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Peanut Butter and Jelly Protein Cups

Ingredients:

Liquid egg whites, 300 g
Grenade Hydra 6 Strawberry Siege, 50 g
Organic peanut butter, 28 g
Walden Farms chocolate syrup, to taste

Directions:

1. Preheat oven to 375 degrees F.
2. Mix egg whites and Hydra 6 together until you have a thick, pancake-like mix.
3. Spray a muffin tin with coconut-oil spray. Add egg-white mixture to the muffin tin, filling each tin 1/3 of the way.
4. Put the muffin tin in the oven, and crank the heat up between 450-500 degrees F.
5. Let the mixture bake for approximately 10 minutes, keeping a close eye on it.
6. Once finished, take out the muffin tin and let it cool for 3 minutes.
7. Weigh out your peanut butter and heat it in the microwave until it becomes liquid-like in texture.
8. Using a spoon, add the melted peanut butter to each cup.
9. Top off each PB&J cup with some Walden Farms chocolate syrup. Enjoy!