



Berry Chocolate Cake Protein Muffins

Ingredients:

1 cup oat flour
2 Scoops Chocolate Cake Batter Syntha-6
2 tbsp Stevia
1/2 tsp baking soda
1/4 tsp sea salt
4 egg whites
1/2 cup water
7 oz berry baby food
1/2 cup plain non-fat Greek yogurt
1 tsp vanilla extract
3 tbsp natural cocoa powder
1/4 cup dark chocolate chips

Directions:

1. Preheat oven to 375 degrees.
2. Mix ingredients in a large mixing bowl.
3. Spray muffin tin with non-stick spray.
4. Fill with batter.
5. Bake for 20 minutes.

Nutrition Facts Per Serving:

Recipe serves 2
Calories 156
Fat 4.1 g
Carbohydrates 20.5 g
Protein 9.8 g