



## Muffin and Cake Recipes

### **Pumpkin Muffins**

#### **Ingredients**

2 cups whole grain flour (I use one cup wheat, one cup of either barley flour or oat. Buckwheat is also good but I hate the taste).

1 cup Erythritol

1/2c egg whites

1 heaping cup canned unsweetened pumpkin

Cinnamon/pumpkin pie spice to taste

1/4 cup SF (sugar free) pancake syrup (optional) - add 1/4c water or Davinci if left out.

Dash stevia (optional)

2 tsp baking powder

1 tsp baking soda

#### **Directions**

With the Erythritol, this recipe comes out with a rather cookie like muffin top when cooled, so I've tried cookies with it and had good results. Just leave out the 1/4 cup water or syrup and make 24 cookies (make sure to spray the pan!). Also good with raisins if your diet permits.

### **Soy & Flax Muffins**

#### **Ingredients**

.75 cup soy flour

.75 cup flax meal

2 tsp baking soda

1 tsp baking powder

.5 tsp salt

1 tsp cinnamon

1 cup Splenda

**Directions**

Mix well. Then add:

2 egg whites

.75 cup water

1 tsp vanilla

Fill muffin tin .75 full

Bake at 350 for ~15 minutes

**Nutrition Facts**

Calories: 79

Fat: 4.5 g

Carbs: 4 g

Protein: 6 g

**Whole Grain, Banana, Almond-Flax Muffins**

**Ingredients -wet**

2 egg whites

1 no sugar added applesauce (pineapple, peach flavored are best)

10 fl oz of no sugar added apple juice

5-6 tblspn vanilla extract

**Ingredients -dry**

2c whole wheat flour

1c oatmeal

1c fiber one

7-8 tblspn ground

4-5 tblspn cinnamon

1 tsp cloves

1/2 tsp nutmeg

1/2 tsp ginger

2-3 tsp baking powder

1 tsp baking soda

2 oz's almonds

2 medium-large bananas sliced

**Directions**

1. Mix wet ingredients first.

2. Then mix together the dry ingredients in separate bowl.

3. Pour wet ingredients into dry ingredient bowl, and mix around until everything has been absorbed together, leaving no dry ingredients untouched.

If they are too dry, simply add a very small amount of liquid; don't over mix. Bake at 400 degrees for 12-15 minutes in muffin tin(s).

### **Oatmeal Muffins**

#### **Ingredients**

2 cup oats  
16 egg whites  
8 packets Splenda/Sweetener  
1/4 cup Sugar Free Maple Syrup

Optional Add-In:

Flaxseed meal  
(I would use 1/4 cup )

#### **Directions**

1. Preheat oven to 350 degrees.
2. Lightly coat a muffin tin or cake pan with non-stick cooking spray.
3. Mix all ingredients in a bowl, and pour into muffin tin or cake pan.
4. Bake for about 20 minutes.

### **Oatmeal Raisin Muffins**

#### **Ingredients**

1 cup oats  
1 cup flour (unbleached)  
1/2 cup raisins (or cranberries or whatever)  
1/2 cup brown sugar  
2 tsp baking powder  
1 tsp baking soda  
1/3 cup olive oil

#### **Directions**

1. Put in muffin paper and cook for 15 - 25 min (depending on altitude) @ 350 degrees.
2. Splenda could possibly be substituted in place of the brown sugar.

## **Flax-Seed Muffins**

### **Ingredients**

- 1 cup flax meal (in baking section of grocery store)
- 1/2 cup chocolate
- 2 large eggs
- 4 tbsp canola oil
- 1/4 cup Splenda
- 2 oz chopped almonds or your favorite
- 2 tsp baking powder
- 1 tsp vanilla or maple flavoring
- 1 cup water

### **Directions**

1. Mix above ingredients and let stand for 3 minutes to absorb water.
2. Spray muffin cups with PAM cooking spray.
3. Spoon into cups and bake for 25-30 min at 350.
4. You can modify flavoring by using different proteins, flavorings, nuts, etc.

## **Great Protein Muffins**

### **Ingredients**

- 900 gram bag low fat oatmeal muffin mix (Superstore yellow bag)
- 3 cups water
- 3 Tablespoons flax seed (whole)
- 2 scoops vanilla Whey protein powder
- 2 cups fresh or frozen blueberries
- 3/4 cup whole-wheat flour

### **Directions**

1. Mix together everything above (except berries) just until moistened. Fold in berries.
2. Divide batter evenly among lined muffin cups.
3. Bake at 425\* for approximately 17 to 20 minutes.

### **Nutrition Facts**

Calories: 180

Fat: 2 g

Carbs: 36 g  
Protein: 5.5 g

## **Sarah's Protein Cake Recipe**

### **Ingredients**

36g (approx. 1/2 cup) nonfat dry milk powder  
61g egg substitute like Egg Beaters (or 2-3 egg whites)  
210g banana, edible portion only  
2 tsp oil  
4 scoops whey (I used chocolate)  
120g oats  
2 oz nonfat cream cheese  
4 packets Splenda

### **Directions**

1. Combine all in large mixing bowl and mash the bananas with a giant spoon until it's mostly a mush, but a few small whole chunks tastes good in the finished cake.
2. Add water until the batter is fairly liquid; start with 1/2 cup water and keep stirring it in until the mix is hearty but very supple and easy to move the spoon through. Think thickness of applesauce, except chunkier.
3. Spray a 9x9 nonstick cake pan with PAM. Warning: my batch in a nonstick iron pan turned out great, but the batch cooked in an old tinny steel pan stuck horribly to the bottom.
4. Cook at 350 degrees for 25-30 minutes, until toothpick comes out clean. Remove from oven and cool.

### **Nutrition Facts**

Calories: 331  
Fat: 6.9 g  
Carbs: 40.5 g  
Protein: 29.5 g

## **Oats & Banana Cake**

### **Ingredients**

3 egg whites  
1 whole egg

1 cup rolled oats  
1 cup oat bran  
1 cup whole-wheat flour  
1 tablespoon raw brown sugar  
1/2 cup of skim milk or 1/4 cup of whole milk  
3 overripe medium bananas  
1 tablespoon of olive oil but flax can be substituted

**Directions**

Mix by hand or power mixer and bake in a flax-oiled pan at 200-250 degrees for about 45mins.