



Turkey Sriracha Muffins With Polenta Frosting, by Healthnutlife

Ingredients

Muffins

Ground turkey 12 oz.
Whole egg 1
Sea Salt Quest Nutrition Protein Chips 1 bag
Grapeseed oil 1/2 tbsp
Sriracha 3 tsp
Kosher salt 1/4 tsp
Ground black pepper 1/2 tsp
Granulated garlic 1/2 tsp
Asparagus 4 spears

Frosting

Polenta 300 g
Water 1/2 cup
Salt 1/8 tsp
Ground black pepper 1/2 tsp
Granulated garlic 1/2 tsp
Granulated onion 1/2 tsp

Directions

Muffins

1. Preheat the oven to 350 degrees F, and prepare a muffin tray by spraying with nonstick cooking spray.
2. In a small blender, blend the protein chips into fine crumbs.
3. Chop the asparagus into centimeter-sized pieces and set aside.
4. In a medium bowl, add the ground turkey, egg, protein-chip crumbs, oil, Sriracha, salt, pepper, garlic, and chopped asparagus. Mix until all the ingredients are fully incorporated.
5. Split the mix into five evenly sized balls and place in the muffin tray. Gently press

each one down to be sure they are flattened on the bottom.

6. Bake in the oven for about 25 minutes or until fully cooked.

Frosting

1. In a medium saucepan, add the polenta along with the water to begin heating up.

2. When the mix becomes creamy, add the salt, pepper, garlic, and onion until fully incorporated. Let sit on heat until it become frosting-like in consistency.

Assembly

1. When the muffins are done and have slightly cooled, top with the polenta frosting.

2. Optionally, you can add more Sriracha and some asparagus tips sautéed in the grapeseed oil.

Nutrition Facts

Serving size: 1 muffin with frosting

Recipe yields 5 servings

Calories 198

Fat 8 g

Carbs 12 g

Fiber 1 g

Protein 19 g