

Protein Muffins with Peanut Butter and Chocolate Chips

These delicious muffins each boast 9 grams of high-quality protein from the additions of Greek yogurt, peanut butter, and a favorite whey protein powder.

🕒 Prep: 10 mins Cook: 13-15 mins Total: 23-25 mins

👤 Servings: 12 muffins

1x	2x	3x
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INGREDIENTS

- 2/3 cup gluten-free baking flour blend or all-purpose flour (95-105 g)
- 1/2 cup Puori vanilla whey protein powder (40 g)
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon fine salt
- 1/2 cup natural peanut butter (120 g)
- 1 cup plain or vanilla Greek yogurt, 2% or full-fat (240 g) (may substitute regular yogurt)
- 1/4 cup pure maple syrup
- 2 large eggs
- 2 tablespoons melted butter (may substitute avocado oil)
- 2 tablespoons avocado oil
- 1 teaspoon pure vanilla extract
- 1/3 cup chocolate chips (optional)
- Optional topping: Chopped peanuts or chocolate chips

INSTRUCTIONS

1. Preheat the oven to 350°F. Mist the wells of a standard 12-cup muffin tin with cooking spray. If using a silicone muffin pan, it's not necessary to mist with cooking spray.
2. In a large bowl, combine the flour, protein powder, cinnamon, baking soda, and salt. Stir to combine.
3. In a medium bowl, combine the peanut butter, yogurt, maple syrup, eggs, butter, oil and vanilla; mix well.
4. Add the wet ingredient to the large bowl of dry ingredients and stir until just combined. Do not over mix. Fold in the chocolate chips, if using.
5. Divide the batter among the 12 cups in the muffin tin. Muffin wells should be about 3/4 full. With the back of a spoon or rubber spatula, gently smooth the batter in each muffin cup. Sprinkle chopped peanuts and/or chocolate chips on top, if desired.
6. Bake until the centers are just slightly firm to touch, about 13 to 16 minutes. NOTE: Keep in mind that muffins will continue to bake in the pan even after they are removed from the oven so you want to take them out *before* they are very firm and baked through at the tops. Let the

muffins cool for 10 minutes in the muffin tin before transferring them to a wire rack to cool completely.

7. Store in a covered container in the refrigerator for up to 1 week. **Tip: To reheat a muffin, microwave it for 10 seconds and enjoy it warm.**

NOTES

We absolutely love Puori PW1 whey protein powder for its ultimate quality, clean ingredient list, and flavor. Puori whey protein is made from protein concentrate harvested from pasture-raised cows and flavored with real bourbon vanilla. Puori PW1 Vanilla is 3rd party tested and recently ranked #1 in Clean Label Project's test of 133 protein powder products from 52 brands. Use code **PUORIXRFD** for 20% off your order (we also love and use other Puori supplements, including their omega 3s, vitamin D, magnesium, and collagen peptides.)

NUTRITION INFORMATION

Serving Size: 1 muffin **Calories:** 195 **Fat:** 10 g (**Sat Fat:** 3 g) **Sodium:** 186 mg
Carbohydrate: 14 g (**Fiber:** 1 g **Sugar:** 6 g) **Protein:** 10 g **Cholesterol:** 38 mg

DIETARY

Gluten-free High Protein Vegetarian

© The Real Food Dietitians **Recipe By:** Stacie Hassing

Find it online: <https://therealfooddietitians.com/protein-muffins/>

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