



## Chocolate Coconut Blender Muffins



1/12th of recipe (1 muffin): 100 calories, 3.5g total fat (2g sat fat), 219mg sodium, 24.5g carbs, 2.5g fiber, 4.5g sugars, 5g protein

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

**Prep:** 10 minutes    **Cook:** 20 minutes



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### Ingredients

1 1/2 cups old-fashioned oats  
1 cup fat-free plain Greek yogurt  
2/3 cup natural no-calorie sweetener that measures like sugar  
1/2 cup unsweetened applesauce  
1/2 cup unsweetened dark cocoa powder  
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute  
1/4 cup unsweetened vanilla almond milk  
1 1/2 tsp. baking powder  
1 1/2 tsp. coconut extract  
1/2 tsp. baking soda  
1/4 tsp. salt  
1/4 cup mini semisweet chocolate chips  
1/4 cup unsweetened shredded coconut

### Directions

Preheat oven to 400°F. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

Pulse oats to the consistency of coarse flour in a blender. Add all remaining ingredients *except* chocolate chips and coconut. Blend at high speed until smooth and uniform, stopping and stirring if needed.

Fold in 2 tbsp. chocolate chips and 2 tbsp. shredded coconut. Add batter to the muffin pan, and smooth out the tops.

Top with remaining 2 tbsp. chocolate chips and 2 tbsp. shredded coconut, and lightly press to adhere.

Bake until a toothpick inserted into the center of a muffin comes out clean, 16–18 minutes.

MAKES 12 SERVINGS

**To Freeze:** Tightly wrap each cooled muffin in foil or plastic wrap. Place wrapped muffins in a sealable container or bag, seal, and store in the freezer.

**To Thaw:** Unwrap and place on a microwave-safe plate. Microwave at 50 percent power for 1 minute, or until it reaches your desired temperature. Or just refrigerate overnight.

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.

