



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

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.

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