



Double Chocolate Blender Muffins



1/12th of recipe (1 muffin): 92 calories, 2.5g total fat (1g sat. fat), 217mg sodium, 19g carbs, 2g fiber, 4.5g sugars, 5g protein

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Prep: 15 minutes **Cook:** 20 minutes

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Ingredients

1 1/2 cups old-fashioned oats
1 cup fat-free plain Greek yogurt
1/2 cup unsweetened dark cocoa powder
1/2 cup unsweetened applesauce
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
1/3 cup Truvia spoonable no-calorie sweetener (or another natural brand about twice as sweet as sugar)
1/4 cup unsweetened vanilla almond milk
1 1/2 tsp. baking powder
1 tsp. vanilla extract
1/2 tsp. baking soda
1/4 tsp. salt
1/4 cup mini semi-sweet chocolate chips

Directions

Preheat oven to 400 degrees. 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. Blend at high speed until smooth and uniform, stopping and stirring if needed.

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

Sprinkle with remaining 2 tbsp. chocolate chips, 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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