



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

Green Plan [SmartPoints](#)® value 3*

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

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

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



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

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!

[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.