

# Pumpkin Chocolate Chip Muffins

## Pumpkin Chocolate Chip Muffins



These delicious and healthy pumpkin protein muffins are just perfect for Fall. Each muffin has 6 grams of protein and only 119 calories.

Prep Time 10 minutes

Cook Time 18 minutes

Total Time 28 minutes

Servings 12 servings, 1 muffin each

Original Recipe from: BEACHBODY BLOG

## Ingredients

- 1 large egg
- 1 large egg white
- $\frac{1}{4}$  cup pure pumpkin puree
- 1 large banana , cut into chunks
- $\frac{1}{2}$  cup all-natural almond butter

- $\frac{1}{4}$  cup pure maple syrup
- 2 scoops vanilla flavor whey protein powder
- $\frac{1}{2}$  tsp . baking powder
- $\frac{1}{2}$  tsp . ground cinnamon
- $\frac{1}{4}$  tsp . sea salt (or Himalayan salt)
- 1 dash ground nutmeg

## Instructions

1. Preheat oven to 350° F.
2. Prepare twelve muffin cups by lining with muffin papers or coating with spray.
3. Place egg, egg white, pumpkin, banana, almond butter, and maple syrup in blender; cover. Blend for 30 seconds.
4. Add protein powder, baking powder, cinnamon, salt, and nutmeg; cover. Blend until smooth.
5. Divide batter evenly among prepared muffin cups.
6. Bake 16 to 18 minutes, or until golden brown and tester inserted into the center comes out clean.
7. Transfer muffins to rack; cool.

### Nutritional Information (per serving):

Calories: 119

Total Fat: 7 g

Saturated Fat: 1 g

Cholesterol: 21 mg

Sodium: 103 mg

Carbohydrates: 10 g

Fiber: 2 g

Sugar: 7 g

Protein: 6 g

### Containers

$\frac{1}{2}$  Yellow

2 tsp.