**High Protein Muffins Version #1**

Dry Mix: 2 cups whole wheat flour, 1 cup whole oat flour, 1 cup whey protein isolate or concentrate, 1 teaspoon baking soda, 1 teaspoon baking powder, 3 heaping teaspoons cinnamon, 1/3 cup cocoa powder, ¼ or 1/3 cup coconut sugar, 2 cups Ghirardelli 60% chocolate chips (could substitute or add some raisins or chopped dates).

Wet Mix: one can of pumpkin 12 ounces, 8 ounce carton of egg whites.

Pre-heat oven to 300◦ F

Mix dry ingredients together in large bowl.

Mix wet ingredients together in separate bowl, then pour into dry ingredients and mix thoroughly.

Add mixture to greased muffin tins. Makes about 18 muffins.

Bake for 20 – 25 minutes in metal pan or 25 - 30 minutes in a ceramic pan.

**High Protein Muffins Version #2**

Dry Mix: 2.5 cups whole wheat flour, 1 cup whole oat flour, 1 cup whey protein isolate or concentrate, 1 teaspoon baking soda, 1 teaspoon baking powder, 3 heaping teaspoons cinnamon, ¼ or 1/3 cup coconut sugar, 2 cups Ghirardelli 60% chocolate chips (could substitute or add some raisins or chopped dates).

Wet Mix: 16 ounce carton of egg whites **OR** 12 whole large eggs + ¼ cup heavy cream **OR** 8 ounce carton of egg whites + 6 whole large eggs + ¼ cup heavy cream.

Pre-heat oven to 300◦ F

Mix dry ingredients together in large bowl.

Add 16 ounces egg whites to dry ingredients and mix thoroughly.

Add mixture to greased muffin tins. Makes about 18 muffins.

Bake for 20 – 23 minutes in metal pan or 23 - 27 minutes in a ceramic pan.