

## **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, 1/3, 1/2, or 3/4 cup coconut sugar (based on taste), 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 320° 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**

### **(more protein via different mix of wet ingredients)**

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, 1/3, 1/2, or 3/4 cup coconut sugar (based on taste), 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 320° 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 25 - 30 minutes in a ceramic pan.

## **High Protein Muffins Version #3**

### **(all whole wheat + protein, no oat flour, different mix of wet ingredients)**

Dry Mix: 3.5 cups whole wheat 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, 1/3, 1/2, or 3/4 cup coconut sugar (based on taste), 2 cups Ghirardelli 60% chocolate chips (could substitute or add some raisins or chopped dates).

Wet Mix: 4 whole large eggs, 8 ounce carton of egg whites, 4 ounces of milk (whole, low fat, or skim all ok).

Pre-heat oven to 320° 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. Check after first 20 minutes of bake time.