



## PB&J Protein Muffins



1/12th of recipe (1 muffin): 110 calories, 1.5g total fat (0.5g sat. fat), 233mg sodium, 18.5g carbs, 3.5g fiber, 6.5g sugars, 8.5g protein

**Prep:** 15 minutes    **Cook:** 25 minutes

**Cool:** 25 minutes

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### Ingredients

3/4 cup whole-wheat flour  
1/4 cup coconut flour  
3/4 cup powdered peanut butter  
1/2 cup vanilla protein powder with about 100 calories per serving  
2 tbsp. Truvia spoonable calorie-free sweetener (or another no-calorie granulated sweetener; see HG FYI below)  
1 tsp. baking soda  
1/2 tsp. baking powder  
1/4 tsp. salt  
1 cup unsweetened applesauce  
3/4 cup fat-free plain Greek yogurt  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
1/2 tsp. vanilla extract  
1 cup freeze-dried strawberries  
1/4 cup low-sugar strawberry preserves

### Directions

Preheat oven to 375 degrees. Line a 12-cup muffin pan with foil baking cups, or spray with nonstick spray.

In a large bowl, combine both types of flour, powdered peanut butter, protein powder, sweetener, baking soda, baking powder, and salt. Mix well.

In a medium-large bowl, combine applesauce, yogurt, egg whites/substitute, and vanilla extract. Add 1 cup water, and whisk until uniform. Add mixture to the large bowl, and stir until uniform. (Batter will be thick.)

Fold strawberries into the batter. Evenly distribute batter among the cups of the muffin pan, and smooth out the surfaces. (Cups will be full.)

Bake until a toothpick inserted into the center of a muffin comes out clean, 20 - 22 minutes.

Let cool completely, about 10 minutes in the pan and 15 minutes out of the pan.

Use a knife or narrow spoon handle to create a centered indentation through the top of each muffin about 1/2-inch wide, stopping about 3/4ths of the way through.

Add preserves to one of the bottom corners of a sealable plastic bag. Remove air and seal. Snip off a small part of that corner with scissors.

Gently squeeze the bag, and evenly pipe mixture through the hole in the bag's corner and into the holes in the muffins.

MAKES 12 SERVINGS

**HG FYI:** Truvia spoonable calorie-free sweetener is about twice as sweet as sugar. If using a no-calorie granulated sweetener that measures cup-for-cup like sugar instead of Truvia, double the

amount called for in this recipe.

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Publish Date: August 16, 2016

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