

High-Protein Oatmeal Chocolate Chocolate Chip Muffins

Description

Ingredients



- \(\subset\) 2 cups old-fashioned oats (do not over-pack the measuring cup)
- □1/2 cup granulated sugar
- 1/2 cup cocoa powder, spooned and leveled
- 1 teaspoon baking powder
- □1/2 teaspoon baking soda
- 1 teaspoon instant espresso powder or instant coffee
- □1/4 teaspoon salt
- \Box 1 cup low-fat cottage cheese (I used 2 percent)
- □1/2 cup milk
- □2 large eggs
- □1 teaspoon vanilla extract
- 1/3 cup cooking oil (I used avocado oil but canola or vegetable oil work, too)
- □1/2 cup mini semisweet chocolate chips, plus more for sprinkling on top

Instructions

- 1. Preheat oven to 350 degrees F and make sure the rack is in the center of the oven. Line a muffin pan with baking liners and set to the side. Place all the ingredients except the chocolate chips in a blender. Blend on medium for about 45 to 60 seconds, or until everything is smooth.
- 2. Stir in the chocolate chips by hand.
- 3. Pour the batter into the muffin liners.
- 4. Bake in the preheated oven for 17 to 20 minutes, or until a toothpick inserted into the center comes out clean or with a few crumbs on it.

Nutrition Facts

- Calories 309
- Fat 13 g
- Sat. Fat 4 g
- Carbs 40 g
- Fiber 6 g
- Net carbs 35 g
- Sugar 12 g
- Protein 9 g
- Sodium 208 mg
- Cholesterol 31 mg

Category

1. High Protein Recipes

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