



High-Protein Oatmeal Chocolate Chocolate Chip Muffins

Description

Ingredients

- ☐ 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
- ☐ 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

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1. High Protein Recipes

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