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Chocolate Chip Protein Pumpkin Spice Muffins

Ingredients

- 1 cup oats (100grams)
- 1 cup pumpkin puree (244 grams)
- 1 cup Greek yogurt (227g- I used carbmaster)
- 2 large eggs
- 60grams Level1 PSL Protein
- 1 TBSP Pumpkin pie spice
- 1 tsp cinnamon
- 1 tsp baking powder
- 1/2 tsp baking soda
- pink sea salt
- 1/2 cup dark chocolate chips

On the go breakfast!

- Pair with protein coffee/tea, or a protein shake + your fav fruit!
- Also great for overnight oats!

Directions

- Preheat oven to 350* F
- Spray silicone muffin pan with non stick spray or line tin with liners
- Mix everything but chocolate chips together a bowl
- Blend with blender or food processor
- Stir in chocolate chips by hand
- Distribute into 12 silicone muffin liners (or regular lined muffin tins)
- Bake for 25-30mins or until toothpick comes out clean
- Store in air tight container in fridge

Macros per 1 muffin
129 cal/ 8gP/ 14C/6F

- Silicone muffin tins linked in my Amazon storefront!
- Level1 free shipping linked above!

for more recipes, check out FB Guides 10-12 in the Guides Tab