

LOW FAT CHOCOLATE CHUNK MUFFINS



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Ingredients

Yield: 12

- 3 egg whites
- 1 $\frac{3}{4}$ c oats
- $\frac{3}{4}$ c unsweetened cocoa
- $\frac{1}{2}$ c unsweetened applesauce
- 1 tsp vanilla extract
- $\frac{1}{2}$ c plain low fat Greek or plain yogurt
- $\frac{1}{2}$ tsp cream of tarter
- 1 $\frac{1}{2}$ tsp baking powder
- 1 $\frac{1}{2}$ tsp baking soda
- $\frac{1}{4}$ tsp sea salt (or regular salt)
- 1 c hot water
- $\frac{1}{2}$ c non caloric baking blend or 1 Cup natural non caloric sweetener
- $\frac{1}{2}$ c semisweet chocolate chips

Directions

1. Preheat oven to 350 degrees. Line 12 cup muffin pan with foil liners and set aside.
2. Mix all ingredients together except the chocolate chips, blend in blender or food processor until oats are ground well and mixture is smooth.
3. Stir in $\frac{1}{2}$ cup chocolate chips and put mixture into muffin tins $\frac{3}{4}$ full, place muffins in oven for 10 minutes and remove, then add a few chocolate chips on top of each muffin, place muffins back in over for 4-5 minutes until done.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 muffin	132	5 g	5 g	31 g	273 mg

Carbohydrate Exchanges: 2