

Chocolate Flax Muffins

Ingredients

1/3 cup ground almonds
2/3 cup ground flax seed (flax meal)
1/3 cup splenda granular
1 scoop chocolate protein powder (I use Max protein from GNC)
2 tsp baking powder
1 square unsweetened baking chocolate
1 Tbsp powdered milk
3 eggs
1/2 cup canned pumpkin (not flavored/spiced for pies)
1/4 cup sugar free syrup (like DaVinci French Vanilla)
1 TBL plus 1 tsp oil

Directions

Mix the flax, almond, baking powder, splenda and chocolate protein powder and set aside. In a bowl large enough to accommodate the remaining ingredients (ie, larger than a cereal bowl), place the baking chocolate and melt SLOWLY in the microwave. Stir and break up every 10 seconds (Don't burn the chocolate). Once almost melted, stir vigorously to complete the melting. Add in the powdered milk. Add in one of the eggs and stir, stir, stir until it's incorporated. It will eventually incorporate, be patient. Then add remaining eggs until smooth. Stir in pumpkin, oil and syrup.

Add the wet to dry and stir well. Let batter sit for 5 minutes and put into silicone muffin tins.

Bake at 350 for 20 minutes or until the top is firm to touch.

Makes 9 muffins.

Nutritional Info:

Servings Per Recipe: 9
Total Carbs: 6.4 g/serving