

January's Featured Recipe

PUMPKIN CHOCOLATE CHIP MUFFINS

- 2 1/2 cups oat flour (or grind up some oats to make your own flour)
- 1/3 cup maple syrup
- 1/4 cup coconut oil
- 1/2 cup unsweetened applesauce
- 2 cups 100% pure pumpkin
- 2 tsp baking soda
- 1 tsp cinnamon, 1 tsp nutmeg, 1/4 tsp ginger
- 1/3 cup Enjoy Life chocolate chips or carob chips work here too.

ICING

- 1/2 cup of vanilla plain Greek yogurt
- 1/2 scoop of Quattro Vanilla Protein powder
- 1tbsp of E.D. Smith maple syrup

Preheat oven to 350. Mix wet ingredients in one bowl while dry in another. Now combine both together. Spoon into muffin tins. Bake for about 12-15 minutes or until toothpick comes out clean. Mix the icing together and wait till muffins are cooled and then top with the icing before serving for your complete meal- fats, protein and carbs. Muffins makes 8-10 servings. Icing is per one serving. Thoroughly Enjoy! YUM! YUM!



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