

Chocolate Chip Pecan Muffins



RECIPE

DRY INGREDIENTS:

1 cup Whole Wheat Flour
1/2 cup Bob's Red Mill Almond Flour
1/2 cup Milled Flax Seed
3 scoops Orgain Collagen Peptides
2 tsp Baking Powder
1/8 tsp Salt
1/3 cup Raw Pecans
3 servings Ghirardelli Chocolate Chips

DIRECTIONS:

Mix dry and wet ingredients in separate bowls. Then combine and mix. Bake in greased muffin tin at 350 degrees for 18-20 min.
Yields 12 Muffins.

WET INGREDIENTS:

2 large Cage Free Brown Eggs
4 tbsp Salted Butter
1/4 cup Unsweetened Applesauce
4 tbsp Raw Agave Nectar
1/2 cup Oat Milk
1 tsp Almond Extract

Nutritional Stats:

Fat : 11 g
Protein: 7 g
Carbs: 20 g
Fiber: 3 g
Sugar: 9 g
Calories: 207

** Using different brands may slightly alter the nutritional values.*