



AI-Powered Baking From Scratch



Protein Pumpkin Chocolate Chip Muffins

Ingredients:

- 1 ¼ cups (220g) all-purpose flour
 - 2 Scoops I Heart Macros Chocolate Milkshake powder
 - 1 tsp baking soda
 - ½ tsp baking powder
 - ½ tsp salt
 - 3 tsp ground cinnamon
 - ¼ tsp ground nutmeg
 - 2 large eggs
- ¾ cup (150g) granulated sugar
 - **OPTIONAL ADDITIONS:** ½ cup pecans or walnuts; ¼ tsp cloves
- ½ cup (100g) brown sugar, packed
- ½ cup (120ml) vegetable oil or melted butter
- 1 ½ cups (360g) pumpkin purée
- ¼ cup (60ml) milk or buttermilk
 - ½ Tbsp vanilla extract
- 1 ½ cup (175g) semi-sweet chocolate chips

Instructions:

1. **Preheat** the oven to 350°F - in High Elevations (over 4000 ft), increase oven to 365°F with the oven light on. Line a 12-cup muffin pan with paper liners or grease lightly.
2. In a medium bowl, whisk together flour, baking soda, baking powder, salt, cinnamon, nutmeg, and (optional) cloves.
3. In a large bowl, beat eggs, both sugars, oil (or butter), pumpkin, milk, and vanilla until smooth.
4. Gently stir the dry ingredients into the wet ingredients — **do not overmix.**
5. Fold in **chocolate chips.**
6. Divide batter evenly among the muffin cups (fill about ¾ full).
7. Bake for **18–22 minutes**, or until a toothpick inserted in the center comes out clean or with moist crumbs.
8. Cool in the pan for 5 minutes, then transfer to a wire rack.

Macros (average batch of 26 muffins) per muffin:

Carbs: 16.3 g

Protein: 2.5 g

Fat 5.3 g

Calories: 117 per muffin