

Protein Chocolate Chip Muffins



These chocolate chip muffins are the perfect post-workout treat: with 13g of protein, 5g of fibre, and only 160 kcal per serving, they help optimize recovery while supporting weight management. As a dedicated athlete, I love slipping them into my gym bag for a quick snack that keeps me going until my next meal.

Enjoy them like I do to recharge while indulging in something delicious!

Bon appétit!

Preparation 15 min

Cooking 30 min

Servings 12

Nutrition Facts (per serving)

Calories 160

Fat 4

Carbohydrates 20

Fibre 5

Protein 13

Sodium 50

Ingredients

- 375 ml (1 ½ cups) textured vegetable protein (TVP)
- 310 ml (1 ¼ cups) whole wheat flour
- 60 ml (¼ cup) ground flaxseeds

- 15 ml (1 tbsp) baking powder
- 375 ml (1 ½ cups) 0% fat plain Greek yogurt
- 167 ml (? cup) liquid egg whites
- 125 ml (½ cup) unsweetened applesauce
- 60 ml (¼ cup) unsweetened vanilla almond milk
- 30 ml (2 tbsp) granulated sugar
- 5 ml (1 tsp) vanilla extract
- 85 ml (? cup) dark chocolate chips (70% cocoa or more) (or dark chocolate squares, coarsely chopped)

Preparation

1. Preheat the oven to 350°F (180°C). Prepare 12 muffin tins lined with paper or silicone cups.
2. Using a food processor, grind the TVP into a fine powder.
3. In a large bowl, mix all the dry ingredients.
4. In another bowl, mix all the wet ingredients using an electric mixer until smooth and well combined.
5. Gradually fold the dry ingredients into the wet mixture until a smooth batter forms, then fold in the chocolate chips.
6. Spoon the batter into the muffin cups.
7. Bake for 25 to 30 minutes, or until a toothpick inserted into the centre comes out clean. Remove from the oven and let cool on a wire rack.

Notes

Keeps for 7 days in the fridge in an airtight container. Can be frozen for up to 3 months.



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