

CHOCOLATE PERFORMANCE MUFFINS

These muffins provide great pre or post work-out fuel. Sweet potatoes and banana deliver on carbs and potassium and the added beets provide extra nitrates which are linked to improved athletic performance.



SERVING SIZE
1 muffin



YIELD
9 muffins



METHOD
Bake

1 cup Old fashioned oats
½ cup Cooked sweet potato
½ cup Sliced cooked beets
1 Banana
4 Eggs
¼ cup Skim milk
¼ cup Unsweetened cocoa powder
⅓ cup Granulated sugar
2 tbsp Canola oil
1 tsp Baking powder
½ tsp Baking soda
1 tsp Vanilla extract
1 tsp Cinnamon
⅛ tsp Salt, iodized

1. Preheat oven to 350 degrees F. Pre-prep: Grind oats into flour using a blender or food processor and set aside.
2. Put sweet potato, beets and banana in a food processor or blender and blend until smooth.
3. Add remaining ingredients, including oat flour, and mix well.
4. Line muffin tin with paper liners and distribute the batter evenly by pouring or scooping ⅓ cup batter into 9 muffin cups.
5. Bake for 20-25 minutes or until a toothpick inserted in the center of the muffin comes out clean.
6. Let muffins cool completely. Store under refrigeration for up to 5 days or freeze for up to 3 months. Thaw frozen muffins in fridge for 2 hours.

PER SERVING: 160 CALORIES | 50 CALORIES FROM FAT
6 GM TOTAL FAT | 1.5 GM SATURATED FAT | 0 GM TRANS FAT
85 MG CHOLESTEROL | 200 MG SODIUM | 22 GM CARBOHYDRATES
3 GM FIBER | 11 GM TOTAL SUGARS | 5 GM PROTEIN



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