

# Prutella Stuffed Muffins

**musclefood**  
Premium nutrition for healthy living

## Ingredients:

Serves 6:

- 35g Vanilla Whey
- 30g Coconut Flour
- 50g Quinoa Flour (or Ground Oats)
- 100ml Almond Milk
- 100ml Liquid Egg Whites
- 1tsp Baking Powder
- Pinch of Xanthan Gum
- 1tsp Vanilla Essence
- 60g Prutella



Warm, gooey, chocolately goodness but with a healthy twist. High protein, low fat and truly delicious, these absolutely hit the spot!

## Cooking method

- 1 Preheat your oven to 180C.
- 2 Pop all of the ingredients into a food processor and whizz together until smooth.
- 3 Spray 6 silicon muffin cases with some low cal cooking spray then, using a spoon, evenly distribute the mix between the cases.
- 4 Grab a teaspoon and lift out 1tsp. of the muffin mix, fill with 1 tsp. of Prutella then pop the muffin mix top back on.
- 5 Place the muffins into the oven for 10 to 15 minutes (or until cooked through) and allow to cool before tucking in.

**Serves: 6**

**104**  
CALORIES

**10g**  
PROTEIN

**9g**  
CARBS

**2g**  
FATS

**5g**  
FIBRE

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