

Banana Caramel Protein Muffins

Blend in a blender until clump free:

59G 1% Cottage Cheese

252 Grams Egg whites

156 G Banana

4 Drops Liquid Stevia

Mix in a large bowl

28 G Quest Salted Caramel Protein Powder (Got it at Popeye's)

¼ C Oatmeal

½ TSP Cinnamon

½ C Cloud Nine Gluten Free Pancake Mix (found it at save on foods)

1 TSP Baking Powder

Set aside:

37 G Chopped Pecans

Dark Brown Sugar (you place a dollop on top)

Add liquid to dry and mix gently until blended.

Pour into greased muffin tins and place a 1/8 TSP of packed Brown Sugar in the centre of each muffin, press it down a bit or it will just fall off after cooking. Sprinkle evenly the chopped pecans.

Bake at 350°C for 14 minutes or until lightly browned.

Makes 12

Calories: 87

Carb: 11 G

Protein: 8 G

Fat: 2 G