



# PROTEIN-PACKED MINI MUFFINS

YIELD:  
**12**  
SERVINGS

PREP TIME:  
**10**  
MINUTES

COOK TIME:  
**12**  
MINUTES

## DIRECTIONS

1. Preheat the oven to 375 degrees F.
2. Grease a 24-cup mini muffin pan with nonstick spray.
3. In a medium bowl, stir together the flour, baking powder, baking soda, and salt.
4. In another bowl, stir together the yogurt, maple syrup, eggs, butter, and vanilla.
5. Mix the yogurt mixture into the flour mixture. Stir in the chocolate chips.
6. Divide the batter into the 24 muffin tins, filling about to the edge.
7. Bake for 10-12 minutes, or until the edges are lightly golden brown.
8. Remove from the oven and let cool in the pan for 2 minutes before removing and placing on a wire rack to cool fully.

## INGREDIENTS

- 1 cup all-purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 1 cup vanilla Greek yogurt
- 1/3 cup maple syrup
- ¼ cup unsalted butter (melted)
- 2 eggs
- 2 tsp pure vanilla extract
- ¾ cup mini chocolate chips

## NOTES





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## BITE BREAKDOWN

Ditch the store-bought mini muffins!  
Making your own is way better:

- **You're in charge:** You control the ingredients that go into your food. This means you can skip the wild amounts of sugar, the artificial stuff, and the overly processed ingredients.
- **Fuel your body:** Homemade foods can be packed with the good stuff—more protein, healthy fats, vitamins, and minerals. These foods will actually give you energy instead of just a sugar rush.
- **Save money:** Pre-packaged foods can be more expensive. Making food at home can keep the cost down.



Watch the how-to  
on our YouTube,  
**@sanfordfitkids!**

## NUTRITION FACTS \*

Serving size: 2 muffins

- Calories: 175kcal
- Carbohydrates: 23g
- Protein: 4g
- Fat: 7g
- Fiber: 1g
- Sugar: 13g



\*These are approximate values, and actual results may vary based on the specific products and portion sizes you use! Nutrition based on a singular muffin, if you divide the total batch into 24 mini muffins.

## RECIPE RATING

