

Chocolate Muffins

6 egg whites

2 egg yolks

4 desert spoon of pea protein chocolate

100g almond meal

4 desert spoons of xylitol

2 tbsp of unsweetened cocoa

A pinch of cinnamon

1/3 cup boiling water

½ cup of macadamia oil

1 tsp of pure vanilla extract

Preheat oven to 180 degree c.

Place all dry ingredients into a glass bowl and make a well in the centre.

Separate egg yolks from whites. Placing 2 of the yolks into the well of the dry ingredients. Discard or save the other 4 yolks for something else.

Place all the 6 egg whites into a glass bowl and beat into stiff peaks.

Then to the dry ingredients add the oil, vanilla and boiling water and mix together.

Then add about 1/3 of the beaten egg whites into the chocolate mixture and fold them together. Then add another 1/3 and fold in and then the last 1/3 of the egg whites and fold.

Taste this mixture and make sure it is sweet enough for your liking. The end mixture should be like a cake batter. You can either spoon it into paper cups or a greased muffin tray or a cake tin. I like the mini paper cups cause they are the quickest to cook and most moist.

If they come out dry you may have overcooked or added too much protein powder. They are easy to overcook

24 Mini muffins bake 5-8min

12 Medium Muffins 15-20min

1 Cake bake 30-40min

This is an adaption from a paleo ketogenic recipe from the Shake it program from Metagenics. I made a few changes to avoid the use of artificial sweeteners and the dairy/soy protein powder originally recommended.

Credit is given to Metagenics for the original recipe.