



March 1- Peanut Butter Muffins

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=707749>

Recipe

Ingredients:

- ½ cup egg white
- ¼ cup ground flax seeds
- ¼ cup ground almonds
- ¼ cup Splenda sugar substitute
- ½ cup peanut butter
- ¼ cup ricotta cheese
- 1 teaspoon vanilla
- 1 teaspoon baking soda

Directions:

1. Preheat oven to 350°F.
2. Melt peanut butter in microwave for 1 minute or until smooth.
3. Mix remaining ingredients together; mix well.
4. Pour into muffin tray and bake for 15 minutes.

Yield 24 servings

Nutrition Facts

Serving Size 1 muffin (18.15g)
Servings Per Container 24

Amount Per Serving

Calories 60 **Calories from Fat** 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 95mg **4%**

Total Carbohydrate 5g **2%**

Dietary Fiber <1g **3%**

Sugars 3g

Protein 3g **6%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.