

# Peanut Butter Chocolate Oat Muffins

6 SERVINGS 25 MINUTES



## INGREDIENTS

1/4 cup All Natural Peanut Butter  
1/4 cup Maple Syrup  
3/4 cup Unsweetened Almond Milk  
1/2 cup Quick Oats  
1/2 cup Oat Flour  
1 1/2 tsp Baking Powder  
1/2 tsp Cinnamon  
1/4 tsp Sea Salt  
1/3 cup Dark Chocolate Chips

## NUTRITION

### AMOUNT PER SERVING

Calories	250	Carbs	30g
Fat	11g	Protein	6g

## DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a muffin tin with paper baking cups.
- 02 In a mixing bowl combine the peanut butter and maple syrup then stir in the almond milk.
- 03 Add the oats, oat flour, baking powder, cinnamon, and salt to the bowl and stir until combined. Fold in the chocolate chips.
- 04 Divide the batter between the baking cups and bake for 14 to 16 minutes or until a toothpick inserted into the center of the muffin comes out with just a few moist crumbs.
- 05 Transfer the muffins to a cooling rack to cool completely. Enjoy!