

ASHLEY'S MEAL PREP MONDAY

Chocolate-Peanut Butter Oatmeal Muffins

1 1/2 cups rolled oats
1 cup unsweetened almond milk
1/2 cup whole wheat flour
2 TSP baking powder
1 TSP ground cinnamon
1/2 TSP salt
1/2 cup melted coconut oil
1/2 cup creamy unsweetened peanut butter
2 TSP vanilla
2 large eggs
1/2 cup maple syrup
(Waldens sugar/calorie free is great!)

3/4 cup dark chocolate

add ins: dried fruits, coconut flakes, super seed mix for the top

Preheat oven to 400. Line 8 jumbo muffin cups with liners. In a medium bowl, combine oats and milk; let soak 20 minutes

In a separate bowl, whisk together flour, baking powder, cinnamon and salt. In a large bowl, whisk together the coconut oil, peanut butter, vanilla, eggs and maple syrup until smooth. Add the oat mixture and flour mixture; stir to combine.

Fold in the add-ins. Scoop batter into the prepared muffin cups about two-thirds of the way full. Sprinkle with seeds.

Bake until a toothpick comes out clean, about 22 minutes.

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