



# Ashley's Meal Prep Monday!

## *Cottage Cheese Chocolate Chip Muffins*



### INGREDIENTS

$\frac{3}{4}$  cup whipped cottage cheese  
 $\frac{1}{4}$  cup avocado oil  
(I used 1 mashed banana)  
2 large eggs  
 $\frac{1}{4}$  cup almond milk  
t TSP vanilla  
 $\frac{1}{3}$  cup coconut sugar or cane sugar  
1  $\frac{1}{2}$  TSP baking powder  
 $\frac{1}{2}$  TSP salt  
 $\frac{1}{4}$  cup chocolate chips

Preheat oven to 350 and line a muffin tin with liners - or use a silicone pan. In a large bowl, add whipped cottage cheese, oil/banana, eggs, almond milk and vanilla and whisk until combined. Add in the flour, sugar, baking powder, and salt and mix until just combined. Fold in the chocolate chips.

Evenly distribute the muffin batter amongst the liners, about  $\frac{2}{3}$  full. Bake for 17-19 minutes or until a toothpick comes out clean. Remove from the oven and let cool for 5 minutes in the pan before transferring to a wire rack to cool completely.



Recipe Idea: [www.thebigmansworld.com](http://www.thebigmansworld.com)

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