**Protein Pumpkin Muffins**

Makes 24 muffins

Ingredients

Dry

1 ½ cup whole wheat flour

1 ½ cup white flour

½ cup flax, ground

4 Tbsp wheat germ

1 tsp cinnamon

2 tsp baking soda

½ cup dark choco chips

Wet

2 eggs, lightly beaten

1 cup sugar (or brown sugar)

½ cup molasses

1 can (398ml) puree pumpkin

1 cup fat free plain or vanilla greek yogurt

Instructions

1. Preheat oven to 350 degrees F.
2. Line muffin tray with large paper cup liners.
3. In a large bowel mix together all the dry ingredients using a fork or wire whisk.
4. In a medium bowl beat together all the wet ingredients.
5. Pour the wet ingredients into the dry ingredients and mix until just combined.
6. Spoon into muffin cups and bake for 20-25 min or until done

 Nutrition Info: 200 kcal, 42 g Carbs, 5 g Pro, 3 g Fat, 3 g fiber,