

The 99 Calorie Double Chocolate Greek Yogurt Muffin

Yield: 9 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-greek-yogurt-muffin-recipe>

Ingredients:

- 1 cup flour
- 2 tablespoons unsweetened cocoa powder
- 1 1/2 teaspoons baking powder
- 1/2 cup plain Greek yogurt
- 100 milliliters unsweetened apple sauce a snack size container
- 1/2 cup liquid egg whites
- 1 teaspoon vanilla extract
- 2 tablespoons pure maple syrup
- 2 tablespoons mini chocolate chips
- 1/8 teaspoon salt

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 5 milligrams
4. Fat: 1.5 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 1 grams
8. Sodium: 130 milligrams
9. Sugar: 6 grams

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