

Protein Cinnamon Raisin Pizzert Babies!

- 2 tbsp whole wheat flour (or just use BRM's GF mix)
- 15 grams/2 tbsp vanilla protein powder (which is 1/2 a scoop of my protein powder)
- 1/2 tsp baking powder
- 1 packet stevia, or 2 tsp worth of sugar
- 1/4 tsp cinnamon
- 1/4 cup milk (I used unsweetened almond milk)
- 1 tbsp applesauce
- 1/2 tsp vanilla extract
- handful(s) of raisins
- spoonful(s) of nut butter for topping (I used my Cinnamon Raisin Walnut Butter)

Directions

Preheat oven to 350 degrees F. Lightly spray a 6-tin muffin-tin cup pan with a nonstick cooking spray. In a small bowl, combine the flour, protein powder, baking powder, stevia, and cinnamon. Stir in the milk, applesauce, and vanilla extract.

Spoon tablespoonful-amounts of the batter into each cup, resulting in 6 "babies." Add some raisins. Bake the babies for about 6-7 minutes, or until firm in the center and bounces back when tapped. Let them cool in the pan for a minute or two. Transfer to a plate.

Top each pizzert baby with cinnamon raisin walnut butter and raisins. Now grab the fork and **EAT THEM UP!!!!** :D

If you are out of raisins, or just not care for them, you can use chocolate chips (for chocolate chip cookie pizzert babies), chopped dates, dried cranberries, etc. in their place.

This was printed from: KatsHealthCorner

The site URL: <http://katshealthcorner.wordpress.com/>

The Title: Protein Cinnamon Raisin Pizzert Babies!

The URL: <http://katshealthcorner.wordpress.com/2011/10/03/protein-cinnamon-raisin-pizzert-babies/>