



BOD BY TODD

Fitness Coaching

"Don't Be Average, Be Fit"

NUTRITION PER SERVING:

CALORIES	134
PROTEIN	9 G
CARBOHYDRATE	10 G
TOTAL FAT	6 G

PREP TIME:	35 MINUTES W/ PRE-COOKED SWEET
COOK TIME:	25 MINUTES

YIELD:	12 SERVINGS
SERVING SIZE:	1 MUFFIN

INGREDIENTS:

1 C	ALMONDS (OR ALMOND FLOUR)
10	DATES, SOAKED IN HOT WATER FOR 10 MINUTES
1 C	BAKED SWEET POTATO, SKIN REMOVED
1 C	VANILLA FLAVORED PROTEIN POWDER
3	ORGANIC EGGS
1 TSP	VANILLA EXTRACT
1 TSP	GROUND CINNAMON
½ TSP	GROUND NUTMEG
¼ TSP	BAKING SODA
1 PINCH	SEA SALT



SWEET POTATO MUFFINS

- 01 Poke a sweet potato all over with a fork and bake at 425 degrees F for 40 minutes. Remove the sweet potato from oven when done and reduce the oven temperature to 350F.
- 02 Allow the sweet potato to cool, and remove the skin.
- 03 Pulse the almonds in a food processor until finely ground. Add the remaining ingredients to the food processor and pulse until fully combined.
- 04 Generously grease a 12-muffin tin with coconut oil. Divide the batter between the 12 muffin tins and bake for 15-20 minutes.

