



By Jessika Morgan

Power Peanut Butter and Jelly Muffins

Ingredients:

- 1 cup all-purpose flour (about 4 1/2 ounces)
- 1/2 cup body crunch or peanut butter flavored whey protein
- 3/4 cup whole wheat flour (about 3 1/2 ounces)
- 1/4 cup granulated sugar
- 1/4 cup packed dark brown sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 1/4 cups fat-free milk
- 1/3 cup creamy peanut butter
- 1/4 cup egg substitute
- 1 tablespoon butter, melted
- 1 teaspoon vanilla extract
- Cooking spray
- 1/4 cup strawberry jam

Directions:

Preheat oven to 400°.

Lightly spoon flours into dry measuring cups. Combine flours, sugars, baking powder, whey crisps, and salt in a large bowl; stir with a whisk. Make a well in center of mixture. Combine milk, peanut butter, egg, butter, and vanilla; add to flour mixture, stirring just until moist.

Spoon batter into 12 muffin cups coated with cooking spray. Fill each cup half full with batter. Spoon one teaspoon jam into each cup. Spoon remaining batter on top to cover jam.

Bake at 400° for 20 minutes or until muffins spring back when touched lightly in center. Let cool in pan 5 minutes. Remove from pan, and cool on a wire rack.

Enjoy!

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