



Triple Chocolate Pancake Poppers



1/6th of recipe (4 poppers): 142 calories, 4g total fat (1.5g sat. fat), 356mg sodium, 20g carbs, 3.5g fiber, 5g sugars, 6g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

1/2 cup whole-wheat flour
1/4 cup all-purpose flour
1/4 cup chocolate protein powder with about 100 calories per serving (like the kinds by [Tera's Whey](#), [Quest](#), or [Devotion](#))
1/4 cup unsweetened cocoa powder
2 packets no-calorie sweetener (like Truvia)
1 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
2 tbsp. light whipped butter or light buttery spread
2/3 cup unsweetened vanilla almond milk
1/2 cup unsweetened applesauce
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
2 1/2 tsp. vanilla extract
2 tbsp. mini semi-sweet chocolate chips

Directions

Preheat oven to 350 degrees. Spray a 24-cup mini muffin pan with nonstick spray.

In a large bowl, combine both types of flour, protein powder, cocoa powder, sweetener, baking powder, baking soda, and salt. Mix well.

In a medium microwave-safe bowl, microwave butter for 15 seconds, or until melted. Add all remaining ingredients *except* chocolate chips. Mix until smooth and uniform.

Add mixture in the medium bowl to the large bowl. Mix until uniform.

Evenly distribute batter into the muffin pan, and smooth out the tops.

Sprinkle with chocolate chips, and lightly press to adhere. Bake until a toothpick inserted into the center of a popper comes out clean, about 10 minutes.

MAKES 6 SERVINGS

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