

AdvoCare Power Muffins

2 Cups Whole Wheat flour
1 Pouches AdvoCare Vanilla Meal Replacement Shake
(You could also use Vanilla Muscle Gain Powder to increase the protein content, lower the carbohydrate content. Use 2 pouches of muscle gain or 4-6 scoops from canister.)
1 ½ cups Flaxseed Meal
½ cup Oat Bran
6 AdvoCare Peaches and Cream fiber Drink Pouches
2 cups Splenda brand Sweetener
4 tsp. Baking Soda
4 tsp. baking Powder
1 tsp. salt
4 tsp. cinnamon
3 Cups shredded carrots
5 unpeeled apples, grated
1 cup raisins or dried cranberries
1 cup coarsely chopped almonds
1 cup coarsely chopped walnuts
1 ½ cups milk (I use soy milk)
3 eggs beaten
2 tsp. Vanilla Extract

Mix together all dry ingredients in a large bowl. Stir in carrots, apples, raisins, and nuts. In a separate bowl, combine mild, beaten eggs and vanilla. Pour liquid ingredients into dry ingredients. Stir until moistened. Fill muffin cups $\frac{3}{4}$ full. Bake at 350 degrees for 15-20 minutes. Makes approximately 3 ½ dozen.