



Strawberry Protein Muffins

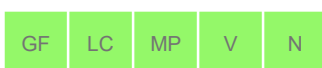
Serves 12

1 cup (120g) oat flour
¼ cup (25g) vanilla protein powder
1 tbsp. lemon juice
zest of ½ a lemon
2 tbsp. stevia
½ tsp. baking soda
pinch sea salt
pinch cinnamon
1 tbsp. coconut oil, melted
¾ cup egg whites (around 3 eggs)
2 tbsp. unsweetened almond milk
½ cup (125g) non-fat Greek yogurt
1 tsp. vanilla extract
½ cup (100g) strawberries, chopped into small pieces
¼ cup (45g) 75% dark chocolate, chopped

What you need to do

1. Preheat oven to 350°F (180°C).
2. Mix all dry ingredients, except the chocolate chips, and then mix in all wet ingredients. Stir until a smooth batter is formed, then lightly stir in strawberries and chocolate chips (leave a few aside to top the muffins).
3. Line a muffin tray with muffin liners and spray with oil. Make sure you spray the liners (paper or silicone), or the muffins will stick.
4. Pour the batter evenly into the muffin tin. Drop 3-5 mini chocolate chips on top of each muffin.
5. Bake the muffins for 23-25 minutes or until the muffins are cooked through and the edges browned.
6. Remove from the oven, and let the muffins cool before serving.

Note: Muffins will keep in a sealed container for 1-2 days at room temperature or 5-7 days in the fridge.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	91	4	9	6

*Nutrition per serving

