

# STAWBERRY MUFFINS



# STRAWBERRY PROTEIN MUFFINS



Makes: 12  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
cookie:  
91 kcal  
4g Fats  
9g Carbs  
6g Protein



## WHAT YOU NEED

- 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

*Preheat oven to 350°F (180°C).*

*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).*

*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.*

*Pour the batter evenly into the muffin tin. Drop 3-5 mini chocolate chips on top of each muffin.*

*Bake the muffins for 23-25 minutes or until the muffins are cooked through and the edges browned.*

*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.*

