



Lemon Blueberry Protein Muffins

12 servings

40 minutes

Ingredients

2 cups Almond Flour
 1/2 tsp Baking Soda
 1/4 tsp Sea Salt
 1 Lemon (zest and juice)
 3 Egg
 1 Banana (medium, mashed)
 1/4 cup Maple Syrup
 1 cup Blueberries
 1/4 cup Vanilla Protein Powder (1/4 cup = 1 scoop, optional)

Nutrition

Amount per serving	
Calories	165
Fat	11g
Carbs	13g
Fiber	3g
Sugar	7g
Protein	7g

Directions

- 1 Preheat the oven to 350F (177°C). Line a muffin tin with liners.
- 2 In a medium sized bowl whisk together the almond flour, protein powder (optional), baking soda, sea salt and lemon zest.
- 3 In a large bowl, whisk together the lemon juice, eggs, banana and maple syrup. Add the dry ingredients to the wet and stir to combine. Fold in the blueberries.
- 4 Spoon the batter by 1/4 cup dollops into the muffin liners and bake for 30 minutes or until cooked through. Remove from oven and let cool. Enjoy!

Notes

Serving Size: One serving is equal to one muffin.

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Almond Flour: This recipe was tested using almond flour. Please note that if using another type of flour, results will vary.

Banana: One medium banana is equal to 1/2 cup mashed banana.

Lemon Juice: One lemon squeezed will render 2-3 tbsp lemon juice. NOTE: if using lemon juice instead of fresh lemon, just omit the zest.

Toothpick Test: Stick a toothpick down into the middle of your muffin or cake. If it comes out clean, it typically indicates it is cooked through. If it comes out with batter on it, more cook time is required.

Fresh vs Frozen Blueberries: Frozen blueberries will often render more moisture in your recipe. Therefore, when using frozen instead of fresh, add a little extra flour to your recipe (for this recipe that calls for 2 cups of almond flour, add about an extra 1/4 to 1/3 cup of almond flour if using frozen blueberries).