



Morning Glory Protein Muffin

5 servings
40 minutes

Ingredients

3/4 cup Almond Flour
 1 cup Oats
 1/2 tsp Cinnamon
 1/4 tsp Sea Salt
 1/2 cup Organic Raisins
 3 tbsps Extra Virgin Olive Oil
 1/4 cup Maple Syrup
 2 Egg (or chia or flax eggs)
 1/4 cup Unsweetened Almond Milk
 2 Carrot (grated)
 1 Banana (ripe and mashed)
 3/4 cup Vanilla Whey Protein Powder
 (1/4 cup = 1 scoop)

Nutrition

Amount per serving	
Calories	432
Fat	20g
Carbs	47g
Fiber	6g
Sugar	25g
Protein	21g

Directions

- 1 Preheat the oven to 375. Line a muffin tray with liners.
- 2 In a bowl, combine flour, cinnamon, salt, oats and raisins. Mix well.
- 3 In a separate bowl, combine oil, maple syrup, egg, almond milk, carrot and banana. Mix well.
- 4 Combine the wet and dry ingredients and mix well.
- 5 Use a measuring cup to measure even amounts of mixture into the muffin liners. Place in the oven and bake for 30 minutes. Makes about 10 small muffins. Nutritional value shown here is for 2 muffins.
- 6 Remove from oven. Let cool and enjoy!

Notes

No Raisins: Used unsweetened dried cranberries or fresh blueberries instead.

Egg Allergy: Mix 2 tbsp ground flax seed with 6 tbsp water and let it sit to form a gel. Use this in replace of 2 eggs.

Special Touch: Serve with raw honey or organic butter.

About Raisins: Raisins pack more nutrition than their small size might indicate. When grapes are dehydrated to produce raisins, the nutrients become more concentrated, making a handful of raisins a snack rich in B vitamins, iron and potassium. These nutrients make raisins an especially good snack-on-the-go for the athlete, or for anyone looking to increase energy levels.

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About Protein Powders in Baking: Whey protein powder works well in baking because it acts like eggs: it binds, rises, and creates fluffy, moist baked goods. Plant proteins don't have the same structure or solubility, and tend to make your recipe very dense; in fact often it just won't cook all the way through. See more info here:
<https://buildnutrition.ca/plant-whey-protein-powder-baking/>