



# Lemon Blueberry Protein Mini Muffins

MAKES 12 SERVING

## INGREDIENTS

- 2 cups rolled oats
- 1 cup unflavored whey protein powder
- 1/2 cup ground flaxseed
- 1/4 cup coconut flour
- 1/4 cup granulated erythritol or monk fruit sweetener
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 2 large eggs
- 1 cup unsweetened almond milk
- 1/4 cup melted coconut oil
- 1/4 cup natural almond butter
- 2 tbsp fresh lemon juice
- 2 tsp lemon zest
- 1 tsp vanilla extract
- 3/4 cup fresh or frozen blueberries

## DIRECTIONS

- Preheat oven to 350°F and grease or line a 24-cup mini muffin tin.
- Mix dry ingredients in a large bowl: oats, protein powder, flaxseed, coconut flour, sweetener, baking powder, baking soda, and salt.
- In another bowl, whisk eggs, almond milk, coconut oil, almond butter, lemon juice, zest, and vanilla.
- Combine wet and dry ingredients, then fold in blueberries.
- Fill muffin cups 3/4 full and bake for 12-15 minutes, until a toothpick comes out clean.
- Cool for 5 minutes in the pan, then transfer to a wire rack.
- Store in an airtight container in the fridge for up to a week or freeze for longer.

**CALORIES**  
85 - 95  
kcal

**PROTEIN**  
9 - 12  
grams

**CARBS**  
7 - 9  
grams

**FIBER**  
2 - 3  
grams

**FAT**  
5 - 6  
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED