

Berry Protein Muffins

Ingredients

cooking spray or oil for pam

1 1/4 Cup All Purpose Flour (I use Gluten Free Krusteaz)

*1 scoop Coconut Protein Powder

1/2 Cup Coconut Sugar

*1/3 Cup Quick Oats

*1/2 TBSP Seeds (Chia, Flax, Hemp, one, all, or none)

2 tsp Baking soda

1/2 tsp Salt

1 Cup Milk (I prefer either Lactaid or Oatmilk)

1 Egg or equivalent Egg replacer for vegan option

1/4 Cup Oil (I use Sunflower Oil)

1 1/2 Cup mixed Berries (I use fresh strawberries and blueberries but have added blackberries and/or raspberries as well)

*Optional

Instructions

Preheat oven to between 375 and 400 degrees depending on how hot your oven runs. Mine is gas and pretty hot so I use 375 but have cooked these in electric ovens at 400 and it has been appropriate

Oil or Spray Muffin cup pan (I make small muffins in a 30 piece pan)

Mix Dry ingredients in a large bowl, flour, coconut protein powder, coconut sugar, oats, seeds, baking soda, and salt. Whisk them together well.

Add Oil, Milk, and Egg

Stir well

Gently stir in berries

Fill muffin cups

Cook for about 12 - 15 minutes, maybe 20 if you are using larger muffin cups.

Let cool and Serve!

~Leisha Dangol