

STRAWBERRY PROTEIN MUFFINS

Serves 12

INGREDIENTS

- 1 cup oat flour
- 1/4 cup vanilla protein powder
- 1 tbsp. lemon juice
- zest of 1/2 a lemon
- 2 tbsp. stevia
- 1/2 tsp. baking soda
- pinch sea salt
- pinch cinnamon
- 1 tbsp. coconut oil, melted
- 3/4 cup egg whites (around 3 eggs)
- 2 tbsp. unsweetened almond milk
- 1/2 cup non-fat Greek yogurt
- 1 tsp. vanilla extract
- 1/2 cup strawberries, diced
- 1/4 cup 75% dark chocolate, chopped



STEP BY STEP

1. Preheat oven to 350°F.
2. Mix all dry ingredients, except the chocolate chips, 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).
3. 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.
4. Pour the batter evenly into the muffin tin. Drop 3-5 mini chocolate chips on top of each muffin.
5. Bake for 23-25 minutes or until cooked through and the edges browned.
6. Remove from the oven, and let cool before serving.