



Lemon Raspberry Protein Muffins Recipe

Description

Flourless Lemon Raspberry Protein Muffins with 9 grams of protein per muffin.

These berry bursting sugar free muffins are the perfect quick breakfast or post workout snack.

Duration:

- Prep Time: 5
- Cook Time: 29
- Total Time: 34 minutes
- Yield: 12 muffins

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Ingredients

- 1/2 cup vanilla protein powder (plant based â?? I use Burtâ??s Bee itâ??s my favorite brand)
- 1/2 cup ground almond meal + 1 tablespoon
- 2 tablespoons ground flaxseed
- 2 teaspoons cinnamon
- 2 teaspoons baking powder
- 1 teaspoon lemon zest
- 1/4 teaspoon salt
- 1/2 cup egg whites
- 1/2 cup plain greek yogurt
- 2 bananas, mashed
- 4 tablespoons coconut oil, melted
- 1 cup fresh raspberries

Instructions

1. Preheat oven to 350 degrees F.
2. Spray a muffin tin with coconut oil. (or canola if you don't have coconut oil spray)
3. In a medium bowl add protein powder, 1/2 cup of almond meal, ground flaxseed, cinnamon, baking powder, lemon zest and salt. Whisk together and set aside.
4. To a small bowl add egg whites, plain greek yogurt, mashed bananas and melted coconut oil. Whisk together until everything is combined.
5. Pour wet ingredients into dry ingredients and mix together using a spatula. Mix until you no longer see dry ingredients.
6. Add raspberries to the bowl and gently fold them into the batter.
7. Add muffin batter to prepared muffin tins to fill up all 12 tins.
8. Bake for 26-29 minutes, until tops are golden brown and they pass the "toothpick" test.
9. Serve!

Notes

I find that storing them in a ziplock bag in the refrigerator makes them last longer.

Category

1. High Protein Recipes

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