



Long Livo

# Healthy Greek Yogurt Blueberry Protein Muffins

**15 min**

Prep time

**12**

Servings

**20 min**

Cook time

**Easy**

Difficulty

**35 min**

Total time

**American**

Cuisine

## Ingredients

### Muffin Base

- ☐ 1 cup plain Greek yogurt
- ☐ 2 large eggs
- ☐ 1/3 cup honey
- ☐ 1 tsp vanilla extract
- ☐ 1/2 cup unsweetened almond milk
- ☐ 1 cup whole wheat flour
- ☐ 1/2 cup vanilla whey protein powder
- ☐ 2 tsp baking powder
- ☐ 1/4 tsp salt
- ☐ 1 tsp lemon zest
- ☐ 1 cup fresh or frozen blueberries

## Instructions

- 1 Preheat the oven to 375°F (190°C) and line a 12-cup muffin tin with paper liners.
- 2 In a large bowl whisk together the Greek yogurt, eggs, honey, vanilla, and almond milk until smooth.
- 3 In another bowl combine flour, protein powder, baking powder, and salt; stir gently.
- 4 Add the dry ingredients to the wet mixture, folding just until incorporated. Then fold in the lemon zest and blueberries.
- 5 Spoon the batter into the prepared tin, filling each cup about three-quarters full. Sprinkle a few extra berries on top.
- 6 Bake for 18-20 minutes, or until a toothpick inserted in the center comes out clean. Let cool briefly before serving.

## Nutrition per serving

**210 kcal**

Calories

**14 g**

Protein

**28 g**

Carbs

**5 g**

Fat

### Tips & notes

- If using frozen blueberries, do not thaw; they'll add extra moisture which keeps the muffins tender.
- For a sweeter finish, drizzle a little honey over warm muffins.
- These muffins freeze well; reheat gently in the microwave or oven.