

Choco Fever Dream

Healthy Greek Yogurt Blueberry Protein Muffins

15 min Prep time	**20 min** Cook time	**35 min** Total time
12 Servings	**Easy** Difficulty	**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	14 g	28 g	5 g
Calories	Protein	Carbs	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.