

Protein Blueberry Muffins



It's the perfect time to enjoy freshly picked blueberries! These protein-packed muffins, soft and full of flavour, are a great way to add a local touch to your snacks or busy mornings. Our dietitians love recommending them as a balanced source of protein and carbohydrates after a workout or as a sustaining snack. We also have a [low-FODMAP version](#) for more sensitive digestive systems.

Preparation 15 min

Cooking 25 min

Servings 12

Nutrition Facts (per serving)

Calories 125

Fat 1

Carbohydrates 21

Fibre 1

Protein 6

Sodium 145

Ingredients

- 180 ml ($\frac{3}{4}$ cup) all-purpose flour
- 180 ml ($\frac{3}{4}$ cup) oat flour
- 5 ml (1 tsp) baking powder
- 2.5 ml ($\frac{1}{2}$ tsp) baking soda

- 5 ml (1 tsp) ground cinnamon
- 4 egg whites (or 120 ml / ½ cup)
- 1 large very ripe banana, mashed
- 250 ml (1 cup) plain 2% M.F. Greek yogurt
- 180 ml (¾ cup) high-protein milk (such as NatrelPlus or Fairlife)
- 60 ml (¼ cup) maple syrup
- 5 ml (1 tsp) vanilla extract
- 250 ml (1 cup) fresh or frozen blueberries (not thawed)

Preparation

1. Preheat the oven to 350°F (180°C). Line a 12-cup muffin tin or lightly grease it.
2. In a bowl, combine the all-purpose flour, oat flour, baking powder, baking soda, salt, and cinnamon. Set aside.
3. In a large bowl, whisk together the egg whites, mashed banana, Greek yogurt, protein milk, maple syrup, and vanilla extract until smooth.
4. Add the dry ingredients to the wet mixture and mix just until combined. Add the blueberries and gently stir.
5. Evenly divide the batter among the 12 muffin cups.
6. Bake for 25 minutes, or until a toothpick inserted in the center comes out clean. Let cool on a rack before serving*.

Notes

Keeps for 5 days in an airtight container in the refrigerator. Freezes for up to 3 months.

*For a high-protein snack, serve 2 muffins, or serve a muffin with a serving of Greek yogurt.



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