

Zucchini & Date Protein Muffins



Ideal as a post-workout snack or after an active day outdoors, these muffins provide a great balance of carbohydrates and protein to support muscle recovery. Soft, nourishing and naturally sweetened with date purée, they're easy to pack and take on the go. For more practical snack ideas for the colder months, check out our article about [10 Snacks for Winter Sports](#).

Preparation 10 min

Cooking 30 min

Servings 12

Nutrition Facts (per serving)

Calories 225

Fat 8

Carbohydrates 27

Fibre 3

Protein 11

Sodium 70

Ingredients

- 3 large eggs
- 250 ml (1 cup) [Madame Labriski date purée](#)
- 125 ml (½ cup) natural peanut butter
- 125 ml (½ cup) high-protein milk

- 125 ml (½ cup) 0% plain Greek yogurt
- 5 ml (1 tsp) pure vanilla extract
- 250 ml (1 cup) grated zucchini
- 175 ml (¾ cup) quick-cooking rolled oats
- 250 ml (1 cup) whole wheat flour
- 125 ml (½ cup) skim milk powder
- 10 ml (2 tsp) baking powder
- 5 ml (1 tsp) ground cinnamon
- 1 pinch salt

Add-ins (optional)

- Semi-sweet chocolate chips
- Dried cranberries
- Raisins

Preparation

1. Preheat the oven to 350°F (180°C).
2. In a large bowl, combine the date purée, peanut butter, high-protein milk, Greek yogurt, eggs and vanilla extract. Mix until smooth.
3. Stir in the zucchini.
4. Add the rolled oats, whole wheat flour, skim milk powder, baking powder, cinnamon and salt. Mix just until the dry ingredients are incorporated.
5. Add the toppings, if desired.
6. Divide the batter into a muffin tin lined with paper liners or lightly greased.
7. Bake for 30 minutes or until a toothpick inserted in the centre comes out clean.
8. Let cool on a wire rack for a few minutes before serving.

Notes

Store in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 3 months.



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