

Protein-Packed Strawberry and Date Muffins



This delicious recipe for protein-packed muffins, made with TVP and the wonderful date products from [Création Délicia](#), will keep you satisfied between meals for a long time! A delightful fusion, also rich in fiber, for a healthy and tasty experience.

Preparation 15 min

Cooking 30 min

Servings 12

Nutrition Facts (per serving)

Calories 190

Fat 2

Carbohydrates 28

Fibre 15

Protein 16

Sodium 70

Ingredients

- 375 ml (1 ½ cups) Textured Vegetable Protein (TVP)
- 310 ml (1 ¼ cups) whole wheat flour
- 60 ml (¼ cup) ground flaxseeds
- 60 ml (¼ cup) [Degla date sugar](#) (*Création Délicia*)
- 10 ml (2 tsp) baking powder

- 5 ml (1 tsp) vanilla extract
- 310 ml (1 ¼ cups) 0% M.F. protein milk (such as Fairlife or Lactancia UltraPur)
- 310 ml (1 ¼ cups) 0% M.F. plain Greek yogurt
- 60 ml (1/4 cup) [date syrup](#) (*Création Delicia*)
- 2 eggs
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- 250 ml (1 cup) fresh strawberries, quartered

Preparation

1. Preheat the oven to 180°C (350°F).
2. Using a food processor, grind the TVP into powder.
3. In a large bowl, mix all the dry ingredients.
4. In another bowl, mix all the wet ingredients using an electric mixer until the mixture is smooth.
5. Gradually fold the dry ingredients into the wet ingredients, whisking until you have a homogeneous batter.
6. Gently fold in the quartered strawberries.
7. Place paper or silicone liners in the twelve cavities of a muffin tin and distribute the batter evenly.
8. Bake in the oven for 25 to 30 minutes, until a toothpick inserted into the center comes out clean. Remove from the oven and let cool on a wire rack.

Notes

Keeps for 7 days in the refrigerator, in an airtight container. Can be frozen for up to 3 months.

*Date sugar can be substituted with white sugar or brown sugar if needed.

**Date syrup can be substituted with honey or maple syrup.



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