

Long Livo

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

Main Ingredients

- [ ] 1 1/2 cups whole wheat flour
- [ ] 1/2 cup vanilla whey protein powder
- [ ] 1 tsp baking powder
- [ ] 1/2 tsp baking soda
- [ ] 1/4 tsp salt
- [ ] 1 cup plain Greek yogurt
- [ ] 1/3 cup honey
- [ ] 2 large eggs
- [ ] 1/4 cup melted coconut oil
- [ ] 1 tsp vanilla extract
- [ ] 1 cup fresh or frozen blueberries
- [ ] 1 tsp lemon zest

Optional Topping

- [ ] 2 tbsp extra blueberries
- [ ] A pinch of coarse sugar

Instructions

1. Preheat the oven to 350°F (175°C) and line a 12-cup muffin tin with paper liners.
2. In a large bowl, whisk together flour, protein powder, baking powder, baking soda, and salt.
3. In another bowl, combine Greek yogurt, honey, eggs, melted coconut oil, and vanilla; stir until smooth.
4. Fold the wet mixture into the dry ingredients just until combined; the batter should be slightly lumpy.
5. Gently fold in the blueberries and lemon zest, being careful not to crush the berries.
6. Spoon batter into the liners, filling each about three-quarters full. Top with extra blueberries and a pinch of coarse sugar if desired.
7. Bake for 18-22 minutes, or until a toothpick inserted into the center comes out clean.
8. Allow muffins to cool in the pan for 5 minutes, then transfer to a wire rack. Enjoy warm or at room temperature.

Nutrition per serving

210 kcal	12 g	22 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using frozen blueberries, toss them in a tablespoon of flour before folding to keep them suspended.
- For extra moisture, you can replace half of the yogurt with unsweetened applesauce.
- A quick glance at fudgy brownies reminded me to drizzle a touch of honey on top before baking for a glossy finish.