

BALANCED MACRO MEAL



BLUEBERRY LEMON COCONUT MUFFINS

Makes 16 Muffins, 8 servings

These muffins are wholesome and delicious, and not overly sweet. You can use either fresh berries, or frozen, just be sure to let them thaw first.

WHAT TO BUY:

- 1 cup Whole wheat flour
- 1 cup Oat flour
- 1/3 cup Flaxseed meal
- 1 cup Vanilla whey protein OR collagen peptides
- 2/3 cup Natural, non-caloric sweetener of choice
- 2 teaspoons non-aluminum Baking Powder
- ½ teaspoon salt
- 2 teaspoons Coconut extract
- ½ cup Egg whites
- 1 ¾ cup Nonfat milk or almond milk
- 3 tablespoons avocado oil or olive oil
- 4 tablespoons fresh lemon juice or 2 cubes Lemon Essence
- 2 cups Fresh blueberries
- 16 parchment muffin cups

- Optional: Powdered Monkfruit and Stevia blend

WHAT TO DO:

- Pre-heat oven to bake at 350 degrees.
- In medium bowl, mix together all dry ingredients, and set aside.
- In mixing bowl, add all wet ingredients, except for the fruit and blend well.
- Add dry ingredients into the mixing bowl and blend until incorporated.
- Remove bowl from stand and fold in fresh berries.
- Distribute into 16 large muffin cups.
- Bake at 350 for between 16 to 18 minutes, or until lightly browned on top and cooked through, being careful not to overbake.
- Optional: Using a sifter, sprinkle a light dusting of non-caloric, powdered Monkfruit and Stevia blend.

WHAT'S IN IT FOR YOU:

Nutrition Facts	
8 servings per container	
Serving size	2 muffins
Amount Per Serving	
Calories	270
<small>% Daily Value*</small>	
Total Fat 11g	14%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 260mg	11%
Total Carbohydrate 30g	11%
Dietary Fiber 12g	43%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 14g	28%
Vitamin D 0.6mcg	4%
Calcium 208mg	15%
Iron 2.16mg	10%
Potassium 329mg	8%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	