

Be Lean Blueberry Muffins



Satisfy your sweet tooth while saving the calories and fat with Be Lean Blueberry Muffins. Fluffy and packed with nothing but good-for-you nutrition!

NUTRITIONAL INFO

Calories: 57
Carbs: 2.5 grams
Protein: 10 metabolic boosting grams

Fat: 1 gram
Fiber: 2 grams

Servings: 3 per recipe

Ingredients:

- (1 scoop) LynFit Vanilla Complete Protein
- (½ tsp.) Baking powder
- (1 cup) Blueberries
- (1–2 packets) Splenda® or Stevia®
- (2 tbsp.) Liquid egg whites
- (2 tbsp.) Non-fat vanilla or blueberry Greek yogurt
- Nonstick cooking spray

Ingredients for Frosting (Optional):

- (2 scoops) LynFit Vanilla Complete Protein
- (1 cup) Blueberry flavored yogurt – low-sugar, low-calorie
- (5 tbsp.) Pre-made LynFit Protein Shake for liquid and flavor
- Sprinkling of lemon juice for more flavor if needed

Directions for Frosting:

- In a bowl, stir together protein powder and yogurt.
- Stir in 1 tbsp. of pre-made shake at a time until you get a frosting-like mixture. It should be creamy, not overly runny. Add more protein powder to make a thicker frosting, or more yogurt for creamier.

Tip: Put the frosting in a Ziploc® bag, cut off the corner, and squeeze the frosting onto the cupcake.

Directions:

- Preheat oven to 350° F
- Spray muffin tin with nonstick cooking spray
- Combine protein powder, baking powder, and sweetener until well-mixed.
- Add the blueberries, egg white and Greek yogurt and combine all ingredients until evenly mixed.
- Spoon batter into muffin tins – about 2/3 full.
- Bake 15–18 minutes