

Blueberry Muffins for Snacks

Ingredients

½ Cup Quinoa
⅔ Cup Light Coconut Milk
2 Tbsp Coconut Oil
3 Tbsp Honey
2 Large Eggs
½ Tsp Vanilla Extract
½ Cup Protein Powder
¼ Cup Dried Dates
½ Cup Fresh Blueberries
10 Tbsp Commercial Frosting

Makes 10 Snacks

Nutrition Information

For 1 muffin and 1 Tbsp frosting:

- Protein: 7 g
- Calories: 205 kCal
- Sodium: 71 mg

Prep Time: 10 mins

Cook Time: 30 mins

Instructions

1. Wash and dry blueberries.
2. Finely chopped the dates and transfer them to a small bowl.
3. Insert the muffin liners into the muffing pan or grease with margarine or cooking spray.
4. If you are not using quinoa from a box, make sure to pre-rinse it to remove the coating.
5. Place the pot on the burner and preheat the oven to medium high (400 °F or 204 °C).
6. Add the coconut milk and quinoa and bring to a boil. Reduce the heat, add the lid, and gently simmer for 15 minutes. Transfer the quinoa to a small bowl and let it cool.
7. Add the honey and coconut oil to a bowl and heat in microwave approximately for 15 sec. Mix until it gets a smooth consistency.
8. Add 2 eggs to the bowl and beat well.
9. Add the vanilla and mix to combine.
10. Add in the cooled quinoa and mix the ingredients.
11. Add the protein powder to the chopped dates in the small bowl. Mix so that the dates are coated with the powder. Then add the dates to the bowl and mix well.
12. Lastly add the blueberries and mix thoroughly.
13. Carefully pour the mix into the muffin tins.
14. Bake in the oven for 17 to 20 minutes at 350 °F or 180 °C for 17 minutes.
15. Add a tbsp of commercial frosting to each muffin (all size meal plans).