

LEMON POPPY SEED MUFFINS

BY: PREMIER PROTEIN

PREP TIME: 10 MIN TOTAL TIME: 40 MIN SERVINGS: 12

INGREDIENTS

1/2 scoop Premier Protein Vanilla Powder
3/4 cup baking stevia or coconut sugar
1/2 cup almond flour
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
1/2 cup nonfat plain Greek yogurt
1/2 cup egg whites
1/2 cup unsweetened apple-sauce
3 tbsp lemon zest
2 tbsp lemon juice
1 tsp vanilla extract
2 tbsp poppy seeds

DIRECTIONS

Preheat oven to 350° F. Whisk together protein powder, baking stevia, almond flour, baking powder, baking soda, and salt

In a separate mixing bowl, beat together yogurt, egg whites, applesauce, lemon zest, lemon juice, and vanilla extract
Mix dry and wet until just combined, then stir in poppy seeds

Line a muffin pan and lightly spray with cooking spray. Divide batter between cups, filling almost to the top. Bake for 20-25 minutes until a toothpick inserted at center comes out clean. Cool 10-15 minutes before attempting to remove liner.

Enjoy with light butter!