



Quest®'s Blueberry Almond Muffins



This recipe was developed by [Quest® Nutrition](#), an HG partner!

1/10th of recipe (1 muffin): 100 calories, 5g total fat, 220mg sodium, 19g carbs, 5g fiber, 2g sugars, 8g protein

Prep: 10 minutes **Cook:** 25 minutes

Cool: 10 - 15 minutes



More: [Breakfast Recipes](#), [Recipes Developed for Our Partners](#), [Four or More Servings](#)

Ingredients

2 egg whites
1/2 cup unsweetened almond milk
1/4 cup no-sugar-added applesauce
1 tbsp. coconut oil
1 tsp. vanilla extract
1/2 cup granulated zero-calorie sweetener
1/4 cup coconut flour
1/4 cup almond flour
2 scoops [Quest® Vanilla Milkshake Protein Powder](#)
1 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
2 [Vanilla Almond Crunch Quest Bars®](#), broken into small pieces
3/4 cup fresh blueberries

Directions

Preheat oven to 350 degrees. Line 10 cups of a 12-cup muffin pan with foil baking cups, and spray with nonstick spray.

In a medium mixing bowl, combine egg whites, almond milk, applesauce, coconut oil, and vanilla extract. Using a handheld electric mixer set to low, mix until uniform.

In a large mixing bowl, mix zero-calorie sweetener, coconut flour, almond flour, Quest® Vanilla Milkshake Protein Powder, baking powder, baking soda, and salt.

Add contents of the medium bowl to the large bowl. With the electric mixer set to medium low, mix until well combined.

Fold in the pieces of Vanilla Almond Crunch Quest Bars® and 1/2 cup blueberries.

Evenly distribute mixture among the 10 lined/sprayed cups of the muffin pan. Top with remaining 1/4 cup blueberries.

Bake until a toothpick inserted into the center of a muffin comes out clean, 22 - 23 minutes.

Let cool for 10 - 15 minutes, and serve.

MAKES 10 SERVINGS

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