



Lemon Blueberry Fluffovers with Coconut Icing



1/2 of recipe (1 iced fluffover): 90 calories, 1g total fat (0.5g sat. fat), 202mg sodium, 5.5g carbs, 2.5g fiber, 0.5g sugars, 16.5g protein

Prep: 10 minutes **Cook:** 20 minutes

Cool: 25 minutes



Ingredients

Fluffovers

1/2 cup egg whites (about 4 large eggs' worth), room temperature
1 tsp. vanilla extract
1/2 tsp. cream of tartar
1 packet [Lemon Meringue Flex Flavors](#)
1 packet [Blueberry Sky Flex Flavors](#)
1/2 scoop (or 1/2 packet) [Devotion Nutrition Angel Food Cake protein powder](#)

Icing

1/2 scoop (or 1/2 packet) [Devotion Nutrition Angel Food Cake protein powder](#)
1 packet [Coconut Biscotti Flex Flavors](#)

Directions

Preheat oven to 350 degrees. Spray 2 cups of a jumbo muffin pan with nonstick spray.

Place room-temp egg whites in a large bowl. With an electric mixer set to high speed, beat until fluffy and slightly stiff, about 4 minutes.

Continue to beat while gradually adding all remaining fluffover ingredients *except* protein powder.

Beat until stiff peaks form, 2 - 3 minutes.

Gently fold in protein powder until just combined. (Do not over-mix. Any remaining bits will break up once cooked.)

Evenly and gently divide batter between the two sprayed cups of the muffin pan, allowing the cups to overflow. (Batter will be very light and fluffy.)

Bake until a toothpick inserted into the center of one comes out clean and tops have lightly browned, 18 - 20 minutes.

Let cool completely, about 10 minutes in the pan and 15 minutes out of the pan.

Combine icing ingredients in a small bowl. Add 2 tbsp. water, and stir until smooth and uniform.

Evenly drizzle icing over fluffovers.

MAKES 2 SERVINGS

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