

# Blueberry Banana Protein Muffins



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# BLUEBERRY BANANA PROTEIN MUFFINS

## INGREDIENTS

1 Banana, Medium Ripe	1/2 cup Vanilla Whey Protein Powder	1/4 tsp Salt
1/2 cup Blueberries, Fresh or Frozen	1/4 cup Maple Syrup	1 tsp Vanilla
1/4 cup Milk	1 tsp Baking Powder	3/4 cup Whole Wheat Flour
1 Egg, Large	1 tsp Cinnamon	1/2 cup Coconut Oil

## DIRECTIONS

1. Preheat the oven to 350°F.
2. Mix the flour, protein powder, baking powder, salt, and cinnamon together in a large mixing bowl.
3. In a separate bowl, mash the banana until smooth.
4. Add in the milk, maple syrup, vanilla, egg, and coconut oil and whisk together.
5. Pour the liquid ingredients into the dry ingredients and mix just until combined (making sure not to overmix the batter).
6. Mix in the blueberries.
7. Pour into a lined cupcake or muffin tin and bake for 25-27 minutes (or until a toothpick comes out clean).

## NUTRITIONAL ANALYSIS

Serving size: 10 Muffins | serving per recipe: 1

Calories: 189 kcal | Carbohydrates: 17 g | Protein: 6 g | Fat: 12 g | Saturated Fat: 9 g | Polyunsaturated Fat: 1 g | Monounsaturated Fat: 1 g | Trans Fat: 1 g | Cholesterol: 30 mg | Sodium: 131 mg | Potassium: 129 mg | Fiber: 2 g | Sugar: 7 g | Vitamin A: 40 IU | Vitamin C: 2 mg | Calcium: 77 mg | Iron: 1 mg

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