



## **Blueberry Protein Muffins**

Submitted by Sharon F.

1 cup whole wheat flour  
1/2 cup almond meal  
1/2 cup unflavored protein powder  
1 tbsp. baking powder  
1 tsp. baking soda  
1/4 tsp. salt  
2 eggs  
3/4 cup nonfat plain Greek yogurt  
6 oz container of blueberry Light & Fit Greek yogurt  
2 tbsp. unsweetened applesauce  
1 tsp. vanilla extract  
Splenda as needed for desired sweetness  
1 cup fresh blueberries

Preheat oven to 400° F. In a small bowl, whisk the eggs and then stir in the rest of the wet ingredients. In another bowl, combine all dry ingredients. Mix the contents of the two bowls together, mixing gently, being careful not to over-mix. Gently fold in the blueberries.

Add twelve paper baking cups to a muffin pan and spray with cooking spray. Divide the batter evenly into the cups. Bake for 15-20 minutes or until a toothpick comes out clean. Makes 12 servings.

Nutrition information per serving: 132 calories, 12 grams protein, 14 grams carbohydrate, 3 grams fat and 259 mg sodium.

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