

5 Ingredient Blueberry Protein Muffins

Servings: **6**

Prep Time: **10 MIN**

Cook Time: **20 MIN**



INGREDIENTS

- 1 banana, mashed
- 1 **cup** cooked quinoa
- 1/4 **cup** vanilla Greek yogurt
- 1/4 **cup** almond butter
- 1 **cup** fresh blueberries

INSTRUCTIONS

- 1 Preheat oven to 375°F. Spray 6 muffin cups with cooking spray. In large bowl, stir together banana, quinoa, yogurt and almond butter until blended. Fold in blueberries.
- 2 Spoon batter into prepared muffin cups. Bake for 20 to 25 minutes or until golden brown and set in center. Let cool completely.

Variations: Substitute your favorite nut and nut butter, such as hazelnuts and hazelnut butter, for almonds and almond butter if desired.

