

Raspberry Muffin Recipe

Yields: 10 muffins
Serving size: 1 muffin

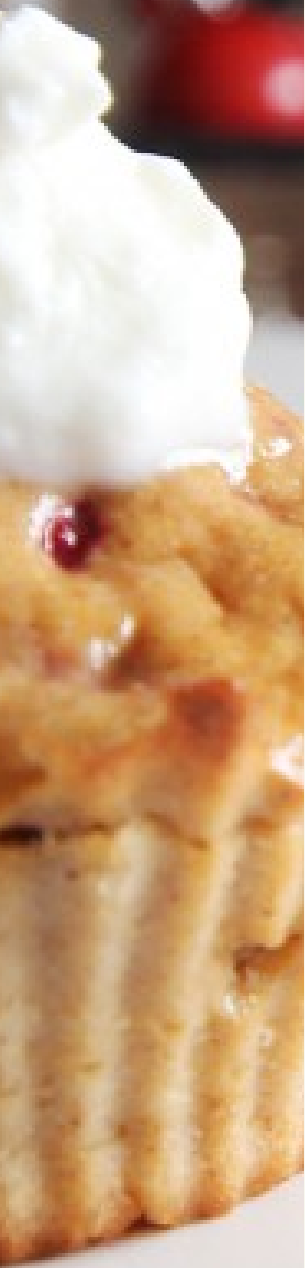


Ingredients

- 1 cup oats
- 1/2 cup skim milk powder & 1/2 tbsp vanilla extract (or 1/2 cup vanilla protein powder)
- 1 tsp cinnamon
- 1/2 tsp salt
- 1/2 tsp baking powder
- 3/4 cup low fat cottage cheese
- 1 egg
- 1/4 cup almond milk
- 2/3 cup raspberries (I used fresh ones)
- 2-3 dates (or your sweetener of choice)

Directions

- Preheat your oven to 350 F
- Blend all ingredients together *except* for the raspberries (Don't forget to remove the pits from the dates before blending!)
- Add the raspberries, stir, and then scoop the mixture into silicon muffin cups or paper liners that have been lightly sprayed.
- Place in the oven and cook for 30 to 35 minutes, or until lightly browned on top (Don't worry if the tops of the muffins split when you take them out of the oven; they'll reform when they cool).
- Suggested: Enjoy warmed with a little greek yogurt or almond butter on top, and store any leftovers in the refrigerator



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Nutritional information

- Calories: 90
- Protein: 8g (less with skim milk powder)
- Carbs: 10g
- Fat: 2g
- Fiber: 1.5g

Adapted from:
<https://www.12minuteathlete.com/raspberry-high-protein-muffin-recipe/>



Find out more

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