Dylan’s High Protein Blueberry Muffins

These protein blueberry muffins are the perfect sweet treat to keep you sane on your cut. Each one has about 10 grams of protein, they taste incredible, and they're super easy to make. Eating healthy doesn't have to taste bad.

Wet Ingredients

2 large eggs
1 cup non fat Greek yogurt
1/4 cup almond milk (or milk of choice)
1/4 cup olive oil
1/2 cup honey

Dry Ingredients

2 scoops whey protein powder
1 cups flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

Add-Ins

1 cup blueberries

Instructions

1. Preheat your oven to 425°F.
2. Crack your 2 eggs into a large bowl. Add in the Greek yogurt, almond milk, olive oil, and honey. Whisk all of that together until it's smooth.
3. In a separate bowl, combine the whey protein, flour, baking powder, baking soda, and salt. Mix the dry ingredients together.
4. Pour the wet mixture into the dry mixture and stir until everything is just combined. Don't overmix it.
5. Fold in the blueberries.
6. Scoop the batter evenly into a lined or greased muffin tin. This should make about 10 muffins.
7. Bake at 425°F for 5 minutes. Then reduce the heat to 350°F and bake for an additional 12 to 15 minutes, until a toothpick comes out clean.
8. Let them cool for a few minutes, then pull them out of the tin.
9. Store in an airtight container and enjoy throughout the week.

Macros for the full batch (10 muffins)
Calories: ~1754 kcal
Protein: ~98g

Carbs: ~318g
Fat: ~70g

Per muffin (10 muffins)

Calories: ~170 kcal
Protein: ~10g
Carbs: ~27g
Fat: ~7g

Losing weight and building muscle can be tough to stay consistent with on your own. That's exactly why I built my coaching app, Kolak Performance. I build my clients custom meal plans packed with meals and snacks just like this one that actually taste good and keep you in a deficit. You also get custom training programs built around your goals and your schedule, plus weekly accountability through texts and check in calls so you actually stay on track. No cookie cutter plans. No guesswork. Just a real coach in your corner helping you get the results you've been chasing.

If you're serious about making a change and you want someone to build the whole thing out for you, fill out the form below and I'll personally reach out to see if we're a good fit.

https://www.kolakperformance.app/