

# Quest Protein Muffins



Makes 10 muffins

Ingredients:

- 2 egg whites
- 1/2 cup unsweetened almond milk
- 1/4 cup oil or butter
- 1 teaspoon vanilla extract
- 1/2 cup low-carb sweetener
- 1/4 cup coconut flour
- 1/4 cup almond flour
- 3 scoops vanilla whey protein powder\*
- 1 teaspoon baking powder

Adapted from [QuestNutrition.com](http://QuestNutrition.com)

- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup berries (your choice)

Instructions:

1. Preheat oven to 350°F.
2. In a medium size mixing bowl, mix the egg whites, almond milk, oil/butter, and vanilla extract on low.
3. In a large second mixing bowl, mix the low-carb sweetener, coconut flour, almond flour, protein powder, baking powder, baking soda, and salt.
4. To the large bowl, add in the wet ingredients from the medium bowl.
5. Use a hand mixer to mix on medium low speed until well combined. Fold in 1/4 cup of the berries.
6. Lightly spray 10 muffin liners with cooking spray and fill each one 2/3 full.
7. Top with remaining berries.
8. Bake for 22 to 23 minutes, or until an inserted tooth pick comes out clean.
9. Let cool for 10 to 15 minutes, and serve.

Note:

\*Such as Quest Vanilla Milkshake Protein Powder

Nutrition per muffin: Calories 129; Total Fat 7.7 g; Saturated Fat 1.5 g; Monounsaturated Fat 2.3 g; Polyunsaturated Fat 3.6 g; Total Carbohydrates 5.8 g; Dietary Fiber 1.5 g; Sugar Alcohols 0.0 g; Sugars 3.3 g; Protein 8.9 g; Sodium 224 mg