

# 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.



Grab a  
boost of  
**blue**