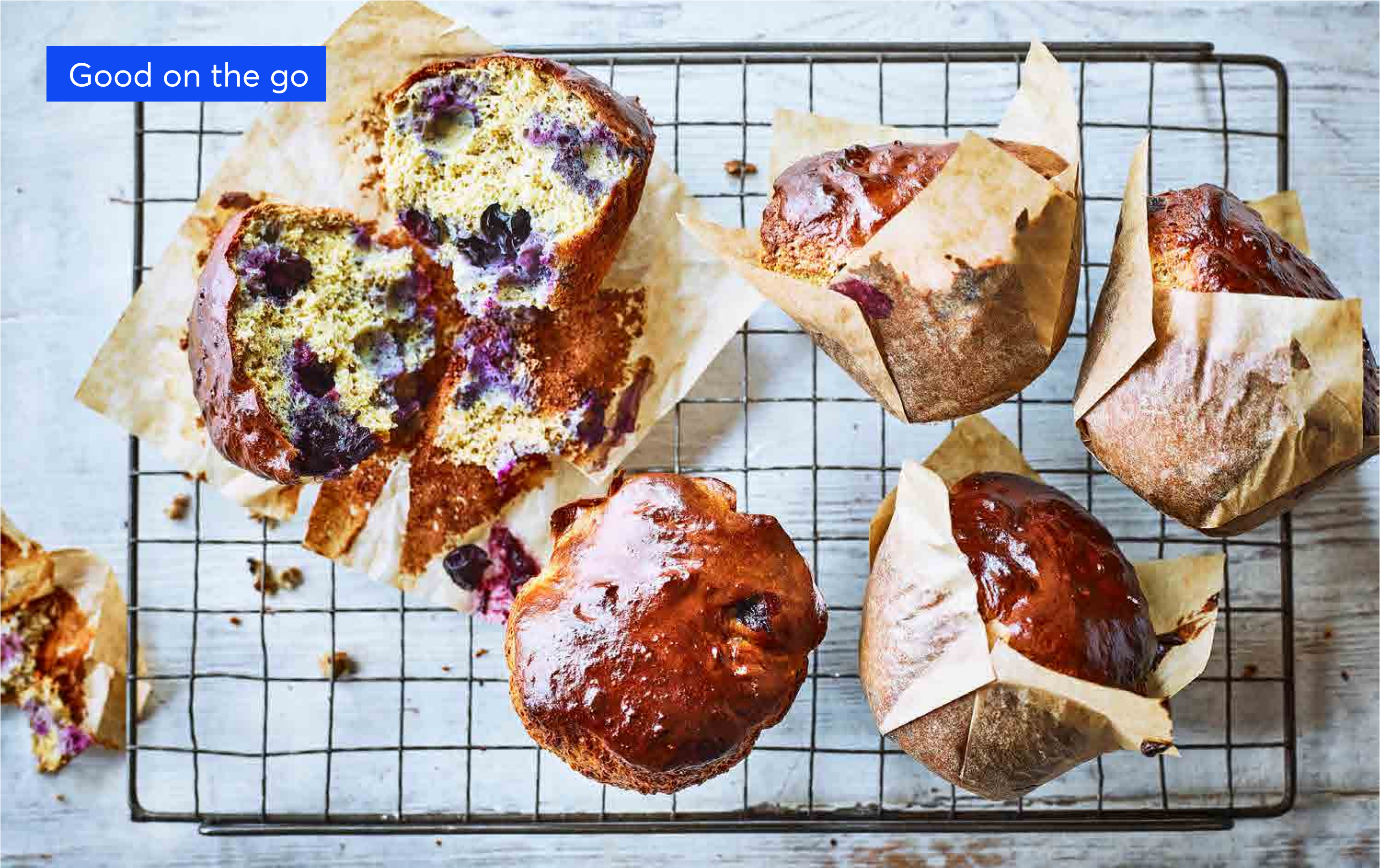


Good on the go



Make-ahead protein muffins

Makes 6 servings

240g plain flour

1½ tsp baking powder

1½ tsp bicarbonate of soda

Pinch of salt

35g ground flaxseed

145g vanilla protein powder

45g coconut oil, melted

185ml reduced-fat soured cream

190g banana (roughly 2 medium bananas), peeled

65g honey

2 large eggs, beaten

140g blueberries, fresh or frozen

Method

Preheat the oven to 180°C. Sift the flour, baking powder, bicarbonate of soda and salt into a large bowl, stir in the flaxseed and make a well in the middle.

Put the remaining ingredients (except the blueberries) into a liquidiser and blend until smooth. Pour into the dry ingredients and fold together until smooth.

Fold in the blueberries then divide the mixture between a 12-hole muffin tin lined with paper cases. Bake for 20-25 minutes until risen and golden then remove from the oven and leave to cool.

This recipe makes 12 muffins. Aim to eat 2 muffins as one meal.

Tips

If you plan on freezing the muffins, remove the paper case then wrap individually in clingfilm before freezing.

This recipe might make more or less than 12 muffins depending on your portions and size of your muffin tin. To calculate one serving, divide the total amount by 6.