

Foodnity Recipes

Strawberry Protein Muffins – Low-Carb, High-Protein

15 min Prep time	**20 min** Cook time	**35 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 1/2 cups almond flour
- [ ] 1/2 cup whey protein isolate
- [ ] 1/3 cup erythritol
- [ ] 1 tsp baking powder
- [ ] 1/4 tsp salt
- [ ] 2 large eggs
- [ ] 1/2 cup Greek yogurt
- [ ] 1/4 cup melted butter
- [ ] 1 tsp vanilla extract
- [ ] 1 cup fresh strawberries, diced
- [ ] 1 tsp lemon zest

Instructions

1. Preheat the oven to 350°F (175°C) and line a muffin tin with paper liners.
2. In a large bowl whisk together almond flour, whey protein, erythritol, baking powder, and salt.
3. In another bowl beat eggs, then stir in Greek yogurt, melted butter, vanilla, and lemon zest until smooth.
4. Combine wet and dry mixtures, folding gently; finally fold in the diced strawberries.
5. Spoon batter into liners, sprinkle a few extra strawberry pieces on top, and bake 18-20 minutes until a toothpick comes out clean.

Nutrition per serving

210 kcal	18 g	8 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- Allow muffins to cool just enough to set; they firm up quickly.
- If berries release extra juice, add a tablespoon more almond flour.
- For extra sweetness, drizzle a light strawberry glaze after cooling.