



Nicole Osinga

Protein Muffins

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Fruits

- 4 Apricot
- 6 Banana

Breakfast

- 1/2 cup All Natural Peanut Butter
- 1 tsp Green Tea Powder
- 3/4 cup Maple Syrup

Seeds, Nuts & Spices

- 1 tsp Cinnamon
- 2 3/4 tsps Sea Salt
- 1 tsp Smoked Paprika

Frozen

- 1 1/2 cups Frozen Berries

Vegetables

- 4 1/2 cups Baby Spinach
- 1 Orange Bell Pepper

Baking

- 2 1/2 cups Almond Flour
- 3 tsps Baking Powder
- 1 3/4 cups Chickpea Flour
- 1/3 cup Cocoa Powder
- 1/2 cup Coconut Sugar
- 1 1/16 cups Dark Chocolate Chips
- 1/4 cup Nutritional Yeast
- 1 1/2 cups Oat Flour
- 4 cups Oats
- 2 tsps Pitted Dates
- 2 tsps Vanilla Extract

Condiments & Oils

- 1 tsp Apple Cider Vinegar
- 2/3 cup Coconut Oil

Cold

- 2 3/4 cups Soy Milk
- 3/4 cup Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconut Yogurt

Other

- 1/3 cup Chocolate Protein Powder
- 6 Egg Replacer
- 2 1/2 cups Vanilla Protein Powder
- 2 cups Water



Apricot Protein Blender Muffins

12 servings

55 minutes

Ingredients

- 1 cup Vanilla Protein Powder
- 2 cups Almond Flour
- 2 tsp Baking Powder
- 1/2 tsp Sea Salt
- 1/4 cup Coconut Oil (room temperature)
- 1/3 cup Maple Syrup
- 2 Egg Replacer
- 1 1/3 cups Soy Milk
- 4 Apricot (fresh, small, chopped)

Nutrition

Amount per serving	
Calories	216
Fat	14g
Carbs	13g
Fiber	3g
Sugar	8g
Protein	11g
Cholesterol	1mg
Sodium	206mg
Vitamin A	225IU
Vitamin C	1mg
Calcium	167mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray. In a mixing bowl, combine the protein powder, almond flour, baking powder, and sea salt.
- 2 Add the coconut oil and maple syrup to a blender. Blend on low for a few seconds until well combined. Add the egg replacer and blend for a few seconds, then slowly add in the dry ingredients as you blend until a batter starts to form.
- 3 Add in the soy milk 1/4 cup at a time and continue to blend on low until all of the milk is added and your batter is well combined. Add to a bowl and stir in the chopped apricots.
- 4 Divide the mixture evenly between the muffin cups of the prepared muffin tray. Bake for 35 minutes, or until an inserted toothpick comes out clean. Remove the muffins from the oven and allow them to cool completely. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days, or freeze for up to three months.

Serving Size: One serving is equal to one muffin.

Fresh Apricot: Four fresh apricots are equal to approximately one cup.

No Apricots: Use blueberries, blackberries, raspberries, or strawberries instead.

Protein Powder: This recipe was developed and tested using a plant-based (pea) protein powder. Please note that if using a different type of protein powder, results may vary.



Savory Chickpea & Spinach Muffins

6 servings
1 hour 10 minutes

Ingredients

1 3/4 cups Chickpea Flour
1/4 cup Nutritional Yeast
1 tsp Baking Powder
1 1/4 tsps Sea Salt
1 tsp Smoked Paprika
2 cups Water
1 Orange Bell Pepper (chopped)
2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	139
Fat	2g
Carbs	20g
Fiber	5g
Sugar	3g
Protein	10g
Cholesterol	0mg
Sodium	617mg
Vitamin A	1200IU
Vitamin C	60mg
Calcium	83mg
Iron	3mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, whisk together the flour, nutritional yeast, baking powder, salt, and smoked paprika.
- 3 Add the water and whisk to combine until smooth. Fold in the peppers and spinach. Let the batter sit at room temperature for 15 to 20 minutes.
- 4 Divide the batter evenly between muffin cups, approximately 1/3 cup per muffin. Transfer to the oven and bake for 35 to 45 minutes, or until the muffins are cooked through and golden brown. Let them cool in the tray for ten minutes before removing.
- 5 Serve warm and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Reheat in the oven or microwave until warm.

Serving Size: One serving is one muffin.

More Flavor: Add black salt for an egg-like taste. Add garlic powder or finely minced garlic. Use different vegetables such as corn, finely chopped broccoli, carrots, peas, and/or baby kale.

Additional Toppings: Cheese and/or fresh herbs.

Doneness: When testing the cups to see if they are cooked through, use a toothpick to insert and test for doneness. Allow the cups to cool in the pan for ten minutes as they will continue baking and then remove.



Chocolate Chip Protein Muffins

8 servings

30 minutes

Ingredients

3/4 cup Vanilla Protein Powder
 1/2 cup Almond Flour
 1 tsp Baking Powder
 1/4 tsp Sea Salt
 1/2 cup All Natural Peanut Butter
 3 Banana (mashed)
 2 tbsps Maple Syrup
 3/4 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	356
Fat	20g
Carbs	31g
Fiber	3g
Sugar	21g
Protein	14g
Cholesterol	1mg
Sodium	153mg
Vitamin A	28IU
Vitamin C	4mg
Calcium	107mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (175°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, whisk together the protein powder, almond flour, baking powder, and salt.
- 3 Add the peanut butter, banana, and maple syrup and stir with a spatula until combined. Fold in the chocolate chips.
- 4 Divide the batter evenly between muffin cups. Bake for 13 to 15 minutes or until firm to the touch and a toothpick inserted comes out clean. Let the muffins cool in the pan for 10 to 15 minutes before removing and transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for the first day and then transfer to the fridge in a sealed container for up to one week.

Serving Size: One serving is one muffin.

Protein Powder: This recipe was developed and tested using a blended whey protein powder. Avoid using whey protein isolate as this will soak up moisture and yield very dense muffins. Brown rice plant-based protein powder will also work. If using a different type of protein powder, results may vary.

No Peanut Butter: Use another nut or seed butter instead.

Additional Toppings: Add chopped walnuts.

No Banana: Use unsweetened applesauce instead.



Chocolate Protein Muffins

6 servings

30 minutes

Ingredients

1 cup Soy Milk
 1/4 cup Unsweetened Coconut Yogurt
 1 tsp Apple Cider Vinegar
 2 tsps Vanilla Extract
 1 cup Oat Flour
 1/3 cup Chocolate Protein Powder
 1/3 cup Cocoa Powder
 1/2 cup Coconut Sugar
 1 tsp Baking Powder
 1/2 tsp Sea Salt
 1/4 cup Coconut Oil (melted)
 1/3 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	338
Fat	17g
Carbs	38g
Fiber	4g
Sugar	20g
Protein	11g
Cholesterol	1mg
Sodium	309mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	158mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, combine the milk, yogurt, apple cider vinegar, and vanilla. Let sit for five minutes.
- 3 In a medium-sized bowl, whisk together the flour, protein powder, cocoa powder, sugar, baking powder, and salt.
- 4 Add the melted coconut oil to the wet ingredients and stir.
- 5 Stir the dry ingredients into the wet and mix until well combined. Fold in the chocolate chips.
- 6 Divide the batter evenly between muffin cups. Bake for 20 minutes or until firm to the touch. Transfer the muffins to a cooling rack to cool them completely. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for the first day and then transfer to the fridge in a sealed container for up to one week.

Serving Size: One serving is two muffins.

Protein Powder: This recipe was developed and tested using both a plant-based protein powder and a whey protein powder. Either option will work.

No Soy Milk: Use any other type of milk or milk alternative.



Green Smoothie Muffins

6 servings

25 minutes

Ingredients

- 1 tsp Coconut Oil
- 2 1/2 cups Baby Spinach
- 2 Banana (ripe)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Pitted Dates
- 3/4 cup Unsweetened Almond Milk
- 2 Egg Replacer
- 2 cups Oats (rolled)
- 1 tbsp Baking Powder
- 1 tsp Green Tea Powder

Nutrition

Amount per serving	
Calories	189
Fat	3g
Carbs	31g
Fiber	5g
Sugar	7g
Protein	11g
Cholesterol	1mg
Sodium	288mg
Vitamin A	1260IU
Vitamin C	7mg
Calcium	261mg
Iron	2mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tray with liners. Brush the liners with coconut oil or use silicone cups or a silicone muffin tray to prevent the muffins from sticking.
- 2 In your blender, combine the baby spinach, green tea powder, bananas, protein powder, dates, and milk. Blend until smooth, then add the egg replacer, oats, and baking powder. Blend again until a batter is formed.
- 3 Scoop the muffin batter into the prepared muffin tray. Bake for 18 to 20 minutes, or until a toothpick inserted into the middle of a muffin comes out clean.
- 4 Let cool and enjoy!

Notes

Recommended Protein Powder: This recipe was developed and tested with a plant-based protein powder. If using a different type of protein powder, results may vary.

Leftovers: Store in an airtight container in the fridge for 4 days, or freeze for two months or more.

Add-Ins: After blending, stir in chocolate chips, fresh berries, walnuts, or anything else you like to add to banana muffins!



Protein Berry Oatmeal Cups

6 servings
35 minutes

Ingredients

1 Banana (mashed)
2 Egg Replacer
1/4 cup Maple Syrup
1/2 cup Soy Milk
1/2 cup Oat Flour
2 cups Oats (rolled)
1/4 cup Vanilla Protein Powder
1 tsp Baking Powder
1 tsp Cinnamon
1/4 tsp Sea Salt
1 tbs Coconut Oil (melted)
1 1/2 cups Frozen Berries (thawed)

Nutrition

Amount per serving	
Calories	259
Fat	5g
Carbs	45g
Fiber	6g
Sugar	15g
Protein	10g
Cholesterol	1mg
Sodium	199mg
Vitamin A	14IU
Vitamin C	12mg
Calcium	133mg
Iron	2mg

Directions

- 1 Preheat the oven to 350F (177°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 Add mashed banana, eggs, maple syrup and almond milk to a medium-sized bowl. Mix well.
- 3 In a large bowl, whisk the oat flour, rolled oats, protein powder, baking powder, cinnamon and sea salt. Combine the wet ingredients into the dry then add the melted coconut oil. Mix again until combined.
- 4 Fold the thawed berries into the mixture. Once combined, scoop into the muffin tray and bake for 18 to 20 minutes. Remove, let cool and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze in a storage bag for up to three months.

Serving Size: One serving size is equal to one oatmeal cup.

Nut-Free: Use boxed coconut milk instead of almond milk.

No Frozen Berries: Use fresh berries instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.

No Protein Powder: Omit or use collagen instead.