

Zucchini Bread Recipes

Healthy Greek Yogurt Blueberry Protein Muffins

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

Ingredients

Dry Ingredients

- [ ] 2 cups whole wheat flour
- [ ] 2 tsp baking powder
- [ ] ½ tsp baking soda
- [ ] ¼ tsp salt

Wet Ingredients

- [ ] 1 cup plain Greek yogurt
- [ ] ½ cup honey
- [ ] 2 large eggs
- [ ] ¼ cup olive oil
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp lemon zest

Add-Ins

- [ ] 1 cup fresh blueberries (or frozen, lightly tossed in flour)
- [ ] ½ cup rolled oats (optional for crunch)

Instructions

1. Preheat the oven to 350°F (175°C) and line a 12-cup muffin tin with paper liners.
2. In a bowl, whisk together the Greek yogurt, honey, eggs, olive oil, vanilla, and lemon zest until smooth.
3. In a separate bowl, combine flour, baking powder, baking soda, and salt; stir in the oats if using.
4. Fold the dry mixture into the wet mixture just until combined; the batter will be slightly lumpy.
5. Gently fold the blueberries in, being careful not to crush them.
6. Spoon the batter into the prepared cups, about three-quarters full, and sprinkle a few extra blueberries on top.
7. Bake for 18-20 minutes, or until a toothpick inserted in the center comes out clean and the tops are lightly golden.
8. Allow the muffins to cool in the tin for 5 minutes, then transfer to a wire rack to cool completely.

Nutrition per serving

210 kcal	9 g	27 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter looks too thick, add a tablespoon of milk to loosen it.
- For extra rise, let the batter rest 5 minutes before baking.
- A drizzle of honey over warm muffins adds a glossy finish.