



& THE HEALTHY CHEF

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Teresa Cutter

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It's all about a healthier

Body

Low Carb Gluten free Apple Blueberry Muffins

This muffins are fantastic when you feel like a little healthy indulgence. They make a great snack or quick breakfast on the run.

MAKES: 10

INGREDIENTS:

- 1 ½ cups ground almonds
- ½ cup desiccated coconut
- ½ cup Body Vanilla Creme Protein Powder
- 2 tsp baking powder
- 1 tsp ground cinnamon
- 1 cup chopped dried apple
- 1 peeled grated apple
- 6 egg whites or 3 free range organic eggs
- 2 tsp vanilla
- ½ cup skim milk
- 2 tbsp sweetener or honey
- 1 cup fresh or frozen blueberries

1. Preheat your oven to 180°
2. In a bowl, combine the ground almonds, coconut, milk powder, soy flour, baking powder, cinnamon and dried apple
3. Add the eggs, vanilla, milk, Body Vanilla Creme Protein Powder and maple syrup then mix through well
4. Fold in Blueberries last
5. Spoon into muffin cups, and bake for 35 - 40 minutes until cooked though and golden. Muffins should spring back when touched
6. Cool completely and enjoy!



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WF	GF	LC	P	V	GI
Wheat Free	Gluten Free	Low Carb	Protein	Vegetarian Vegan	Low GI