

Almond Flour Lemon Chia Seed Muffins

(Serves 12)

INGREDIENTS:

- 3 eggs (large)
- 1/2 cup maple syrup
- 1 cup Yogurt High Protein Vanilla yogurt
- 1 tsp vanilla extract
- 3 1/2 cups almond flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 tablespoon chia seeds
- 1/4 teaspoon salt
- 2 lemons (zest of 2 large lemons)

PREPARE:

1. Preheat your oven to 180°C. Line a 12-count standard sized muffin tray with paper muffin liners. Set aside.
2. In a large mixing bowl, whisk together the wet ingredients (egg, yogurt, syrup, and vanilla extract).
3. Add in the dry ingredients (almond flour, salt, baking powder, baking soda, chia seeds, and lemon zest). Fold the dry ingredients into the wet. Do not over mix.
4. Divide the batter among the 12 prepared muffin liners. Bake for 22 minutes. Allow to cool for 10 minutes before removing from muffin tin.

MACRONUTRIENTS

Calories: 231 (per muffin)

Protein: 9.8g

Fat: 15.6g

Carbs: 12.8g