Protein Muffins on the Go

Serving size: 2 small muffins
Recipe yields 6 servings

Ingredients
1/2 cup vegetable oil
1/2 cup applesauce
2 eggs
1/2 cup Iso Whey vanilla protein powder
1/4 cup brown sugar
1/4 tsp ground cinnamon
1-1/2 cups whole-wheat flour
1/2 tsp baking soda
1/2 tsp baking powder
2/3 cup fresh blueberries or thawed frozen blueberries

Directions
1. Preheat the oven to 375 degrees F.
2. Line muffin tins with muffin liner cups or use a cooking spray to grease the tins.
3. Mix all the wet ingredients in one bowl and the dry ingredients in another.
4. Add the dry ingredients to the wet and mix until just combined.
5. Fold in the blueberries.
6. Divide the batter evenly into the muffin tins.
7. Bake for 20-25 minutes or until the muffins look brown on top and a toothpick inserted into the center comes out clean.