



Orange Vanilla Whey Protein Muffins

Ingredients

1/2 cup of vanilla whey protein
2 whole eggs
1 cup of oats (I used gluten-free oats, but any will do)
1 tbsp of orange peel
3/8 cup of milk (I used cow milk, but any will do)
1/4 cup of coconut flour
1/2 cup of quark
1 tsp of baking powder
2 super-thin slices of orange

Directions

- 1.** Preheat oven to 340 degrees F (170 C).
- 2.** Blend ingredients together.
- 3.** Pour batter into five cupcake cases or five individual tins.
- 4.** Bake for about 25 minutes or until an inserted knife comes out clean.
- 5.** When the muffins come out: Spread some organic butter on one and then stuff another one with Greek yogurt. Both ways, these muffins are sublime!