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Creative Blueberry Bran Muffins

Ingredients

- 1 cup oat bran
- 1/2 cup flax meal
- 4 scoops protein powder, flavor of your choice (I like chocolate with this recipe).
- 2/3 cup frozen blueberries
- 1 cup granulated Trans-Plex Sweet-n-Up
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 teaspoon baking powder
- 3 jumbo egg whites
- 1 teaspoon maple extract
- 2/3 cup water

Directions

1. Mix the dry ingredients together in a large bowl, then add the egg whites, extract, and water.
2. Stir until mixed well.
3. Scoop into a muffin pan coated with cooking spray.
4. Bake at 350-degrees for 25 minutes.