



## Protein Lemon Poppyseed Muffins

Lemon, poppyseed, and protein come together in a flavorful baked treat that you'll love.

**Serving Size: 6 muffins, 1 muffin = 1 serving**

**Preparation Time: 35 minutes**

### Ingredients

#### For the Muffins (6 muffins)

- 9 oz Muscle Milk® Pro Protein Vanilla Crème Shake (14oz)
- 1 cup oat flour or almond flour
- 1 large egg
- 2 tablespoons poppy seeds
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 2 tablespoons agave syrup
- Zest of 1 lemon
- 1 pinch of salt

#### For the Healthy Protein Glaze

- 5 oz of Muscle Milk® Pro Protein Vanilla Crème Shake (14oz) - the remaining portion
- 1/2 cup Greek yogurt
- 1 tablespoon coconut flour
- 1 teaspoon of lemon juice

### Directions

- Preheat the oven to 350°F.
- Mix the flour, poppy seeds, baking powder, and the pinch of salt in a large bowl.
- Whisk the egg in a separate container and 9oz of the Muscle Milk® Pro Protein Vanilla Crème Shake, honey, vanilla extract, and lemon zest.
- Pour the liquid ingredients over the dry ingredients and mix with a spatula only until just combined; avoid over-mixing.
- Pour the batter into a muffin tin lined with baking paper.
- Bake for 15 to 18 minutes or until a toothpick inserted into the center comes out clean.
- Remove from the oven and let cool on a wire rack before removing from the tin.
- In a small bowl, whisk the remaining Muscle Milk® Pro Protein Vanilla Crème Shake with the Greek yogurt.
- Slowly whisk in the coconut flour. Let it sit for 2 minutes while it thickens.
- Once the muffins are cool, use a spoon or a small piping bag to create a zigzag drizzle pattern over each muffin.
- Enjoy!