



# PROTEIN MUFFINS

*Thrive Mixed Berry*

## INGREDIENTS

- 1 c egg whites
- 1 whole egg
- 1 1/2 c oats
- 1/2 c low fat cottage cheese
- 1 scoop/packet Thrive Lifestyle Mix (Strawberry, Apple Pie or Vanilla)
- 1/2 tsp baking powder
- 1/8 to 1/4 c baking stevia
- 1/4 tsp salt
- 1 c frozen mixed berries

## DIRECTIONS

1. Blend everything except frozen berries and pour into a greased muffin pan (halfway each cup)
2. Top with fruit
3. Bake 350 for 15-20 minutes or until toothpick comes out clean

## NOTES

About 85 calories each, 1.6 fat, 9g carbs, 7g protein