5 Ingredient Blueberry Protein Muffins

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Prep: 10 min **Cook:** 20 min **Serves:** 6

Ingredients

1	banana
1 cup	quinoa (cooked)
1/4 cup	Greek vanilla yogurt (nonfat)
1/4 cup	almond butter
1 cup	blueberries (fresh)

Directions

Preheat oven to 375°F. Spray 6 muffin cups with cooking spray. In large bowl, stir together banana, quinoa, nonfat yogurt and almond butter until blended. Fold in blueberries.

Spoon batter into prepared muffin cups. Bake for 20 to 25 minutes or until golden brown and set in center. Let cool completely.