

The Ultimate Blueberry Protein Muffin Bundle

Complete Recipe Guide & Berry Mastery Manual



ProteinMuffins.com

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Welcome to the Blueberry Bundle

You're holding the most comprehensive blueberry protein muffin resource ever created. This isn't just a recipe collection—it's a complete system for baking perfect, macro-friendly muffins every single time.

What Makes This Guide Different

- **GRAM-BASED PRECISION:** Every ingredient is measured by weight, not volume.
- **TESTED & VERIFIED:** Each recipe has been baked a minimum of 12 times with documented results.
- **BUILT FOR REAL LIFE:** Meal prep friendly. Freezer tested.

PART 1: FOUNDATIONS

The Complete Berry Type Guide

Factor	Fresh	Frozen	Freeze-Dried
Cost (per serving)	\$\$\$	\$	
Availability	Seasonal	Year-round	Year-round
Sinking Risk	High	Medium	None

Anti-Sink Techniques

1. **THE FLOUR COAT METHOD:** Toss berries in 1-2 teaspoons of flour.
2. **THE FROZEN FOLD:** Use frozen berries directly from the freezer.

3. THE THICK BATTER TECHNIQUE: Reduce liquid or add extra oat flour.

PART 2: THE RECIPES

Recipe #1 — Classic Blueberry (19g protein)

Ingredients

- 120g Oat Flour
- 60g Vanilla Whey Protein
- 50g Monk Fruit Sweetener
- 8g Baking Powder
- 2g Salt
- 180g Greek Yogurt
- 2 Eggs
- 60ml Almond Milk
- 150g Blueberries

Instructions

1. Preheat oven to 350°F (175°C).
2. Mix dry ingredients.
3. Mix wet ingredients.
4. Fold wet into dry, then add blueberries.
5. Bake for 20-22 minutes.

Recipe #2 — Lemon Blueberry (18g protein)

Ingredients

- 120g Oat Flour
- 60g Vanilla Whey Protein
- 50g Monk Fruit Sweetener

- 8g Baking Powder
- Zest of 2 Lemons
- 180g Greek Yogurt
- 2 Eggs
- 30ml Lemon Juice
- 150g Blueberries

Instructions

1. Preheat oven to 350°F (175°C).
2. Mix dry ingredients with lemon zest.
3. Mix wet ingredients.
4. Fold wet into dry, then add blueberries.
5. Bake for 20-22 minutes.

Recipe #3 — Yogurt Berry (22g protein)

Ingredients

- 100g Oat Flour
- 75g Vanilla Whey Protein
- 50g Monk Fruit Sweetener
- 8g Baking Powder
- 225g Greek Yogurt
- 100g Cottage Cheese
- 2 Eggs
- 150g Blueberries

Instructions

1. Preheat oven to 350°F (175°C).
2. Blend cottage cheese until smooth.
3. Mix dry ingredients.
4. Mix wet ingredients (including blended cottage cheese).

5. Fold wet into dry, then add blueberries.
6. Bake for 22-25 minutes.

Recipe #4 — No Powder Whole Food (14g protein)

Ingredients

- 140g Oat Flour
- 50g Almond Flour
- 50g Coconut Sugar
- 8g Baking Powder
- 225g Greek Yogurt
- 2 Eggs
- 60g Egg Whites
- 130g Blueberries

Instructions

1. Preheat oven to 350°F (175°C).
2. Mix dry ingredients.
3. Mix wet ingredients.
4. Fold wet into dry, then add blueberries.
5. Bake for 22-25 minutes.

PART 3: RESOURCES

Complete Shopping Lists

- Lemons, Blueberries (fresh & frozen)
- Greek Yogurt, Cottage Cheese, Eggs, Egg Whites, Almond Milk
- Vanilla Whey Protein
- Oat Flour, Almond Flour, Coconut Flour
- Monk Fruit Sweetener, Coconut Sugar

- Baking Powder, Baking Soda, Salt, Vanilla Extract, Cinnamon

Freezer Prep & Reheating Guide

- **Freeze:** Cool completely, flash freeze, then store in freezer bags.
- **Reheat:** Microwave for 30-60 seconds.