

Blueberry Muffin Mix Recipes



Blueberry Zucchini Muffins

Ingredients:

- 1 packet Blueberry Muffin Mix
- 1/8 tsp baking soda
- 1/2 tsp cinnamon
- Pinch of salt
- 1/2 beaten egg
- 1/3 cup zucchini – finely grated, excess water squeezed out
- 1 Tbsp milk or half & half
- 2 tsp grapeseed oil
- 1 Tbsp Ideal Protein Maple Syrup

Directions:

1. Preheat oven to 350 degrees.
2. Line 2 muffin cavities with parchment liners to prevent sticking.
3. In a small bowl add Blueberry Muffin Mix, baking soda, cinnamon, and a pinch of salt.
4. In another small bowl add egg, zucchini, milk, oil, and maple syrup. Combine well.
5. Add wet ingredients into dry and mix until smooth.
6. Divide batter evenly between the paper liners.
7. Bake for 20 minutes.
8. Remove from oven and cool.

Tip: Wash, dry and finely grate zucchini, measure before squeezing excess water out.

Directions:

1. Preheat oven to 350 degrees.
2. Sift out the blueberries from the muffin mix.
3. Add in baking soda and powder to muffin mix.
4. In a small bowl, add the blueberries and 2 Tbsp of maple syrup, let the berries soak in the syrup for at least 30 minutes.
5. In a small deep bowl beat egg white until soft peaks form, set aside.
6. Mix egg yolk, milk, oil; whisk well. Then add in powder mixture blending until smooth.
7. Fold egg white into the smooth batter.
8. In the bottom of a small baking dish, spray with nonstick spray and add in blueberries and syrup.
9. Gently spoon batter over top of the blueberries.
10. Bake for 25 minutes.
11. Cool for 15 minutes and invert onto plate to finish cooling.

Tip: To prepare pancake and waffle batter, follow recipe but skip the syrup and sifting out blueberries step.



Blueberry Upside Down Cake

Ingredients:

- 1 packet Blueberry Muffin Mix
- 1/8 tsp baking soda
- 1/4 tsp baking powder
- 1 egg – separate white from yolk
- 1 oz milk or half & half
- 2 tsp grapeseed oil
- 2 Tbsp Ideal Protein Maple Syrup