



  
fitnessunlimited  
HEALTH CLUB FOR WOMEN

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NUTRITION

## Fitness Unlimited's Living Better Daily Recipes

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[Fitness Unlimited Nutrition Team](#)

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## Chocolate & Berry Smoothie

1 serving

5 minutes

### Ingredients

1/2 cup Unsweetened Almond Milk  
1/2 Avocado (small)  
3/4 cup Frozen Berries  
1 tbsp Chia Seeds  
1 1/2 tbsps Cocoa Powder  
1/4 cup Vanilla Protein Powder (plant based)

### Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh.

**No protein powder:** Use chia or hemp seeds.

**Likes It Sweet:** Add honey, maple syrup, or pitted dates.

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 396   |
| Fat                | 21g   |
| Saturated          | 3g    |
| Trans              | 0g    |
| Polyunsaturated    | 5g    |
| Carbs              | 35g   |
| Fiber              | 19g   |
| Sugar              | 12g   |
| Protein            | 26g   |
| Cholesterol        | 4mg   |
| Sodium             | 129mg |
| Potassium          | 970mg |
| Vitamin A          | 396IU |
| Vitamin C          | 40mg  |
| Calcium            | 458mg |
| Iron               | 4mg   |
| Vitamin D          | 50IU  |
| Vitamin E          | 2mg   |
| Vitamin K          | 21µg  |





## Creamy Strawberry, Cauliflower & Peanut Butter Smoothie

1 serving  
5 minutes

### Ingredients

2 tbsps All Natural Peanut Butter  
(peanuts should be the only ingredient  
)  
1/3 cup Vanilla Protein Powder (plant  
based)  
1/2 cup Frozen Strawberries  
1/4 cup Frozen Cauliflower  
1 cup Water

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 352   |
| Fat                | 17g   |
| Saturated          | 4g    |
| Trans              | 0g    |
| Polyunsaturated    | 4g    |
| Carbs              | 21g   |
| Fiber              | 6g    |
| Sugar              | 9g    |
| Protein            | 34g   |
| Cholesterol        | 5mg   |
| Sodium             | 71mg  |
| Potassium          | 566mg |
| Vitamin A          | 54IU  |
| Vitamin C          | 60mg  |
| Calcium            | 216mg |
| Iron               | 2mg   |
| Vitamin D          | 0IU   |
| Vitamin E          | 3mg   |
| Vitamin K          | 8µg   |

### Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Refrigerate for up to two days.

**Serving Size:** One serving is approximately two cups.

**More Flavor:** Add cinnamon. Try with chocolate protein powder in place of vanilla.

**No Protein Powder:** Substitute chia seeds or hemp seeds



## Tahini, Oat & Coconut Energy Bites

4 servings

30 minutes

### Ingredients

- 1 1/4 cups Oats (rolled)
- 3 1/4 tbsps Unsweetened Shredded Coconut
- 1 2/3 tbsps Hemp Seeds
- 1/4 tsp Sea Salt
- 1/3 cup Tahini
- 3 1/4 tbsps Maple Syrup
- 3/4 tsp Vanilla Extract

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 328   |
| Fat                | 19g   |
| Saturated          | 5g    |
| Trans              | 0g    |
| Polyunsaturated    | 8g    |
| Carbs              | 34g   |
| Fiber              | 5g    |
| Sugar              | 10g   |
| Protein            | 9g    |
| Cholesterol        | 0mg   |
| Sodium             | 151mg |
| Potassium          | 270mg |
| Vitamin A          | 17IU  |
| Vitamin C          | 0mg   |
| Calcium            | 134mg |
| Iron               | 4mg   |
| Vitamin D          | 0IU   |
| Vitamin E          | 0mg   |
| Vitamin K          | 0µg   |

### Directions

- 1 Add the oats, shredded coconut, hemp seeds, and salt to a high speed blender or food processor. Blend until it starts to combine and form small, crumbly pieces.
- 2 Add the tahini, maple syrup, and vanilla and blend again until the mixture is combined.
- 3 Use a 1-inch (2.5 cm) cookie scoop or a teaspoon to scoop out the mixture and roll it into balls. Continue until all of the mixture has been used.
- 4 Chill in the fridge for 15 minutes to allow them to set. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to one week. Freeze for up to one month.

**Serving Size:** One serving is two balls.



## Cherry Overnight Oats

2 servings  
8 hours 10 minutes

### Ingredients

- 1 cup Oats (rolled)
- 1/4 cup Vanilla Protein Powder (plant based)
- 2 tbsps Chia Seeds
- 1/2 tsp Vanilla Extract
- 1/2 cup Unsweetened Coconut Yogurt
- 1 1/4 cups Unsweetened Almond Milk
- 1 cup Frozen Cherries
- 1/2 cup Raspberries

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 353   |
| Fat                | 10g   |
| Saturated          | 2g    |
| Trans              | 0g    |
| Polyunsaturated    | 4g    |
| Carbs              | 49g   |
| Fiber              | 13g   |
| Sugar              | 9g    |
| Protein            | 19g   |
| Cholesterol        | 2mg   |
| Sodium             | 137mg |
| Potassium          | 424mg |
| Vitamin A          | 996IU |
| Vitamin C          | 9mg   |
| Calcium            | 579mg |
| Iron               | 4mg   |
| Vitamin D          | 63IU  |
| Vitamin E          | 0mg   |
| Vitamin K          | 4µg   |

### Directions

- 1 Add the oats, protein powder, chia seeds, vanilla, yogurt, and milk to a large container. Stir in the cherries.
- 2 Seal the container and place in the fridge overnight, or for at least eight hours.
- 3 Divide the oats evenly between bowls or containers. Top with raspberries and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is equal to approximately one cup.

**No Almond Milk:** Use unsweetened coconut, cashew or oat milk.

**No Protein Powder:** Omit the protein powder and reduce the milk slightly.

**No Frozen Cherries:** Use fresh cherries.

**Additional Toppings:** Top with granola or nuts/seeds.



## Spinach & Cottage Cheese Egg Bites

4 servings

30 minutes

### Ingredients

6 Egg (whisked)  
1/2 cup Cottage Cheese  
1/4 cup Feta Cheese (crumbled)  
2 cups Baby Spinach (chopped)  
1/4 Red Bell Pepper (large, finely diced)  
2 stalks Green Onion (chopped)  
1/2 tsp Garlic Powder  
Sea Salt & Black Pepper (to taste)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 166    |
| Fat                | 10g    |
| Saturated          | 4g     |
| Trans              | 0g     |
| Polyunsaturated    | 2g     |
| Carbs              | 3g     |
| Fiber              | 1g     |
| Sugar              | 2g     |
| Protein            | 14g    |
| Cholesterol        | 292mg  |
| Sodium             | 309mg  |
| Potassium          | 250mg  |
| Vitamin A          | 2361IU |
| Vitamin C          | 15mg   |
| Calcium            | 129mg  |
| Iron               | 2mg    |
| Vitamin D          | 64IU   |
| Vitamin E          | 1mg    |
| Vitamin K          | 83µg   |

### Directions

- 1 Preheat the oven to 350°F (175°C) and grease a mini silicone muffin tray.
- 2 Mix all of the ingredients together. Pour the mixture evenly into the muffin cups. Bake for 20 to 25 minutes or until golden brown and firm in the center. Let cool slightly before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Freeze for up to one month.

**Serving Size:** One serving is approximately three egg bites.

**More Flavor:** Add chopped fresh herbs or a dash of smoked paprika.

**Serve It With:** Fresh fruit, toast, or a green smoothie.

**No Mini Silicone Muffin Tray:** Use a regular muffin tray and fill them halfway to create the same number of egg bites. For best results, use a silicone tray or silicone liners, as paper liners will likely stick to the mixture.





## Strawberry Chicken Salad on Sourdough

2 servings

10 minutes

### Ingredients

8 ozs Chicken Breast, Cooked (shredded)  
1 cup Unsweetened Coconut Yogurt  
2 stalks Green Onion (chopped)  
Sea Salt & Black Pepper (to taste)  
1/2 cup Strawberries (chopped)  
3 1/2 ozs Sourdough Bread (sliced, toasted)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 365   |
| Fat                | 7g    |
| Saturated          | 4g    |
| Trans              | 0g    |
| Polyunsaturated    | 1g    |
| Carbs              | 33g   |
| Fiber              | 3g    |
| Sugar              | 3g    |
| Protein            | 40g   |
| Cholesterol        | 118mg |
| Sodium             | 324mg |
| Potassium          | 517mg |
| Vitamin A          | 521IU |
| Vitamin C          | 24mg  |
| Calcium            | 267mg |
| Iron               | 2mg   |
| Vitamin D          | 1IU   |
| Vitamin E          | 1mg   |
| Vitamin K          | 20µg  |

### Directions

- 1 In a bowl, mix together the chicken breast, greek yogurt, and green onion. Stir well and season with salt and pepper.
- 2 Add the strawberries and stir gently, just until lightly combined. Taste and adjust the seasoning to your taste.
- 3 Top the toast with the chicken salad and enjoy!

### Notes

**Leftovers:** Refrigerate the chicken salad in an airtight container for up to three days. Assemble before serving.

**Serving Size:** One serving is equal to one piece of toast.

**More Flavor:** Add jalapeño.

**Gluten-Free:** Use gluten-free bread instead.



## Blueberry & Peach Salsa

5 servings

15 minutes

### Ingredients

- 1 1/4 cups Blueberries
- 1 Peach (large, diced)
- 1/4 cup Red Onion (finely chopped)
- 1/4 cup Cilantro (finely chopped)
- 1 Garlic (clove, minced)
- 1 Lime (juiced)
- 1/4 tsp Sea Salt

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 39    |
| Fat                | 0g    |
| Saturated          | 0g    |
| Trans              | 0g    |
| Polyunsaturated    | 0g    |
| Carbs              | 10g   |
| Fiber              | 2g    |
| Sugar              | 7g    |
| Protein            | 1g    |
| Cholesterol        | 0mg   |
| Sodium             | 119mg |
| Potassium          | 114mg |
| Vitamin A          | 176IU |
| Vitamin C          | 9mg   |
| Calcium            | 9mg   |
| Iron               | 0mg   |
| Vitamin D          | 0IU   |
| Vitamin E          | 0mg   |
| Vitamin K          | 10µg  |

### Directions

- 1 Add all of the ingredients to a bowl and gently toss to combine. Divide evenly between bowls or plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately half a cup.

**More Flavor:** Add diced tomatoes and avocado.

**Serve It With:** Grilled chicken or fish, pork tenderloin, tortilla chips, or crostinis.





## Dairy Free Cobb Salad with Yogurt Dill Dressing

2 servings

20 minutes

### Ingredients

- 4 Egg
- 1/3 cup Unsweetened Coconut Yogurt
- 1 tbsp Lemon Juice
- 2 tbsps Fresh Dill (chopped)
- 2 tbsps Water
- Sea Salt & Black Pepper (to taste)
- 5 leaves Romaine (chopped)
- 1/3 cup Radishes (thinly sliced)
- 1 cup Snap Peas (trimmed)
- 4 slices Bacon, Cooked (chopped)

### Directions

- 1 Place the eggs in a saucepan and cover with water. Cover and bring to a boil. Once boiling, turn off the heat and let it sit for 12 minutes. Drain and run cold water over the eggs until cool enough to handle and peel. Quarter and set aside.
- 2 Meanwhile, in a small bowl or jar, combine the yogurt, lemon juice, dill, water, salt, and pepper. Whisk or shake the jar until well combined.
- 3 In a large salad bowl, add the romaine, radishes, peas, and cooked bacon. Add the dressing and toss to combine. Add the egg and toss gently to incorporate. Divide evenly between plates and enjoy!

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 283    |
| Fat                | 18g    |
| Saturated          | 6g     |
| Trans              | 0g     |
| Polyunsaturated    | 3g     |
| Carbs              | 10g    |
| Fiber              | 4g     |
| Sugar              | 4g     |
| Protein            | 20g    |
| Cholesterol        | 389mg  |
| Sodium             | 522mg  |
| Potassium          | 561mg  |
| Vitamin A          | 7033IU |
| Vitamin C          | 15mg   |
| Calcium            | 190mg  |
| Iron               | 3mg    |
| Vitamin D          | 82IU   |
| Vitamin E          | 1mg    |
| Vitamin K          | 94µg   |

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Add the dressing when ready to serve.

**Serving Size:** One serving is approximately 2 1/2 cups of salad and one egg.

**Additional Toppings:** Crumbled blue cheese, nuts/seeds, and/or chives.



## Grilled Chicken & Quinoa Bowls

3 servings

1 hour 10 minutes

### Ingredients

15 ozs Chicken Breast (boneless, skinless)  
2 tbsps Extra Virgin Olive Oil (divided)  
2 tbsps Lemon Juice (divided)  
2 tsps Italian Seasoning (divided)  
3/4 cup Quinoa (dry, rinsed)  
1/4 cup Feta Cheese (crumbled)  
1/2 Cucumber (large, diced)  
2 cups Cherry Tomatoes (halved)  
1/4 cup Red Onion (finely chopped)  
1/2 cup Pitted Kalamata Olives (chopped)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 498    |
| Fat                | 21g    |
| Saturated          | 5g     |
| Trans              | 0g     |
| Polyunsaturated    | 3g     |
| Carbs              | 37g    |
| Fiber              | 5g     |
| Sugar              | 4g     |
| Protein            | 41g    |
| Cholesterol        | 114mg  |
| Sodium             | 379mg  |
| Potassium          | 1060mg |
| Vitamin A          | 1056IU |
| Vitamin C          | 20mg   |
| Calcium            | 130mg  |
| Iron               | 4mg    |
| Vitamin D          | 3IU    |

### Directions

- 1 Marinate the chicken in the fridge for at least 30 minutes with half each of the oil, lemon juice, and Italian seasoning.
- 2 Cook the quinoa according to the package directions.
- 3 Gently toss the feta in the remaining oil, lemon juice, and seasoning.
- 4 Meanwhile, preheat the grill to medium-high heat. Grill the chicken for eight to 10 minutes per side, or until cooked through. Let rest for five minutes before slicing into bite-sized pieces.
- 5 Divide the cooked quinoa, chicken, cucumber, tomatoes, red onion, and olives evenly into bowls. Top with the feta mixture. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately one cup of chicken, 3/4 cup of quinoa, one heaping cup of vegetables, and two tablespoons of feta mixture.

**More Flavor:** Add a sprinkle of sumac or a drizzle of balsamic glaze.

**Additional Toppings:** Roasted chickpeas and/or sliced avocado.

**Dairy-Free:** Omit or replace the feta cheese with a plant-based cheese alternative.

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|           |      |
|-----------|------|
| Vitamin E | 4mg  |
| Vitamin K | 22µg |





## Tuna, Egg, Corn & Arugula Salad

2 servings

20 minutes

### Ingredients

- 4 Egg
- 3 cups Arugula
- 1 can Tuna (drained)
- 2/3 cup Corn (cooked)
- 3 tbsps Green Goddess Salad Dressing

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 365    |
| Fat                | 21g    |
| Saturated          | 5g     |
| Trans              | 0g     |
| Polyunsaturated    | 8g     |
| Carbs              | 14g    |
| Fiber              | 2g     |
| Sugar              | 5g     |
| Protein            | 32g    |
| Cholesterol        | 411mg  |
| Sodium             | 549mg  |
| Potassium          | 518mg  |
| Vitamin A          | 1439IU |
| Vitamin C          | 7mg    |
| Calcium            | 127mg  |
| Iron               | 4mg    |
| Vitamin D          | 121IU  |
| Vitamin E          | 3mg    |
| Vitamin K          | 55µg   |

### Directions

- 1 Bring a pot of water to a boil, then reduce the heat slightly and add the eggs. Cook for seven minutes. Remove the eggs from the pot and transfer them to an ice-water bowl. Peel the eggs once they are cool enough to handle.
- 2 Divide the arugula, peeled eggs, tuna, and corn evenly between bowls. Add the dressing and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. Add the dressing just before serving.

**Serving Size:** One serving is approximately 1 1/2 cups of arugula, two eggs, half a can of tuna, 1/3 cup of corn, and 1 1/2 tablespoons of dressing.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.



## LBD Ground Bison Tacos with Avocado & Jalapeno Sauce

2 servings

25 minutes

### Ingredients

- 8 ozs Ground Bison
- 1 1/2 tsps Taco Seasoning
- 1/4 cup Water
- 1/2 Avocado (medium)
- 2 tsbps Pickled Jalapeno Pepper
- 1 cup Cilantro
- 1 tbsp Lime Juice
- 4 Corn Tortilla (small, warmed)
- 2 tsbps Feta Cheese (crumbled)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 424   |
| Fat                | 19g   |
| Saturated          | 6g    |
| Trans              | 0g    |
| Polyunsaturated    | 1g    |
| Carbs              | 36g   |
| Fiber              | 6g    |
| Sugar              | 1g    |
| Protein            | 28g   |
| Cholesterol        | 71mg  |
| Sodium             | 494mg |
| Potassium          | 685mg |
| Vitamin A          | 767IU |
| Vitamin C          | 10mg  |
| Calcium            | 283mg |
| Iron               | 5mg   |
| Vitamin D          | 2IU   |
| Vitamin E          | 2mg   |
| Vitamin K          | 38µg  |

### Directions

- 1 Heat a pan over medium-high heat. Add the bison. Cook for five to seven minutes until the meat is browned and cooked through, breaking it up as it cooks.
- 2 Add the taco seasoning and the water. Stir and cook for four to six minutes until the sauce thickens.
- 3 Meanwhile, blend the avocado, pickled jalapeños, cilantro, and lime juice in a blender until smooth.
- 4 Divide the bison mixture evenly between the tortillas. Top with avocado sauce and feta cheese. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Refrigerate the taco meat for up to three days and assemble the tacos just before eating.

**Serving Size:** One serving is two bison tacos.



## Sheet Pan Dijon Salmon & Veggies

2 servings

25 minutes

### Ingredients

- 3 tbsps Extra Virgin Olive Oil
- 1 tsp Dijon Mustard
- 1 tsp Italian Seasoning
- 1/2 Lemon (medium, juiced, zested)
- Sea Salt & Black Pepper (to taste)
- 12 ozs Salmon Fillet (skin on)
- 2 cups Green Beans (trimmed)
- 3/4 cup Red Onion (chopped)
- 1 Yellow Bell Pepper (medium, cut into wedges)
- 2 cups Cherry Tomatoes

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 514    |
| Fat                | 29g    |
| Saturated          | 4g     |
| Trans              | 0g     |
| Polyunsaturated    | 4g     |
| Carbs              | 25g    |
| Fiber              | 6g     |
| Sugar              | 10g    |
| Protein            | 43g    |
| Cholesterol        | 87mg   |
| Sodium             | 178mg  |
| Potassium          | 1485mg |
| Vitamin A          | 2394IU |
| Vitamin C          | 212mg  |
| Calcium            | 92mg   |
| Iron               | 3mg    |
| Vitamin D          | 957IU  |
| Vitamin E          | 6mg    |

### Directions

- 1 Preheat the oven to 425°F (220°C). In a small bowl, mix together the oil, mustard, Italian seasoning, lemon juice, lemon zest, salt, and pepper.
- 2 Place the salmon on a baking sheet skin-side down and brush with approximately 1/3 of the oil mixture.
- 3 Add the green beans, onion, bell pepper, and tomatoes to a large bowl and toss with the remaining oil mixture.
- 4 Scatter the vegetables around the salmon and transfer the baking sheet to the oven. Cook for 12 to 15 minutes, until the salmon is cooked through and the vegetables are tender. The timing may vary depending on the thickness of the salmon. Remove the salmon if necessary to avoid overcooking.
- 5 Divide the salmon and veggies evenly onto plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately one piece of salmon and 2 1/2 cups of cooked vegetables.



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Vitamin K

67µg



## Hazelnut & Pistachio Dark Chocolate Bark

8 servings

1 hour 15 minutes

### Ingredients

7 ozs Dark Chocolate  
1/3 cup Pistachios (divided)  
1/3 cup Hazelnuts (divided)  
1/4 tsp Sea Salt (flaky)

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 212   |
| Fat                | 16g   |
| Saturated          | 7g    |
| Trans              | 0g    |
| Polyunsaturated    | 1g    |
| Carbs              | 14g   |
| Fiber              | 4g    |
| Sugar              | 7g    |
| Protein            | 4g    |
| Cholesterol        | 1mg   |
| Sodium             | 79mg  |
| Potassium          | 268mg |
| Vitamin A          | 37IU  |
| Vitamin C          | 1mg   |
| Calcium            | 30mg  |
| Iron               | 3mg   |
| Vitamin D          | 0IU   |
| Vitamin E          | 1mg   |
| Vitamin K          | 3µg   |

### Directions

- 1 Line a plate or baking sheet with parchment paper.
- 2 Melt the chocolate using a double boiler or in 30-second increments in the microwave. Once melted, add half the pistachios and hazelnuts. Mix well until everything is evenly covered in chocolate.
- 3 Transfer the chocolate to the prepared parchment paper and spread into an even layer. Garnish with the remaining pistachios and hazelnuts. Place the bark in the fridge for one hour or until solid. Sprinkle with salt just before the chocolate sets.
- 4 When solid, break into pieces and store in an airtight container in the freezer or fridge until ready to eat. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two weeks or freeze for up to three months.

**Serving Size:** One serving is approximately half a cup.



## Chocolate Chip Zucchini Bread Muffins

12 servings

40 minutes

### Ingredients

- 1/3 cup Avocado Oil
- 1/2 cup Maple Syrup
- 1/3 cup Plain Greek Yogurt
- 2 Egg
- 2 tsp Vanilla Extract
- 1 Zucchini (medium, grated)
- 1 3/4 cups All Purpose Gluten-Free Flour
- 1 tsp Baking Powder
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 3/4 cup Dark Chocolate Chips

### Directions

- 1 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl mix together the oil, maple syrup, yogurt, eggs, and vanilla. Add the zucchini and stir to combine.
- 3 Add the flour, baking powder, baking soda, and salt. Mix until just combined and then fold in the chocolate chips.
- 4 Divide the batter evenly between muffin cups. Bake for 22 to 25 minutes, or until firm to the touch and a toothpick inserted comes out clean. Let the muffins cool in the tray for 10 to 15 minutes before removing and transferring to a cooling rack to cool completely. Enjoy!

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 283   |
| Fat                | 12g   |
| Saturated          | 6g    |
| Trans              | 0g    |
| Polyunsaturated    | 1g    |
| Carbs              | 37g   |
| Fiber              | 4g    |
| Sugar              | 16g   |
| Protein            | 4g    |
| Cholesterol        | 32mg  |
| Sodium             | 263mg |
| Potassium          | 84mg  |
| Vitamin A          | 112IU |
| Vitamin C          | 3mg   |
| Calcium            | 57mg  |
| Iron               | 1mg   |

### Notes

**Leftovers:** Store in an airtight container at room temperature for the first day and then transfer to the fridge in a sealed container for up to one week. Freeze for up to three months.

**Serving Size:** One serving is one muffin.

**No Avocado Oil:** Use melted coconut oil instead.



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|           |      |
|-----------|------|
| Vitamin D | 10IU |
| Vitamin E | 0mg  |
| Vitamin K | 1µg  |