

Breakfast

RECIPE CARD

Blueberry Muffins

RECIPE NAME

Breakfast

MEAL TIME

20 minutes

PREP TIME

20 minutes

TIME TO COOK

Who said you couldn't have muffins on your weightloss journey?!

NOTES

226 kcal
per serving

CALORIES

INGREDIENTS

- ★ 100g Unsalted Butter, softened. Plus 1 tbsp, melted, for greasing
- ★ 140g Golden Caster Sugar
- ★ 2 large Eggs
- ★ 140g Natural Yogurt
- ★ 1 tsp Vanilla Extract
- ★ 2 tbsp Milk
- ★ 250g Plain Flour
- ★ 2 tsp Baking Powder
- ★ 1 tsp Bicarbonate of Soda
- ★ 125g Blueberries

METHOD



Whisk the chipotle paste with the egg and some seasoning in a jug.



Heat the oil in a large frying pan, adding in the kale and tomatoes.



Cook until the kale is wilted and the tomatoes have softened, then push everything to the side of the pan.



Pour the beaten egg into the cleared half of the pan and scramble.



Layer everything into the centre of your wrap, topping with the avocado, then wrap up and eat immediately