

THE VEGGIE PACK

Hidden Vegetable Protein Muffins

4 Macro-Verified Recipes • Veggie Prep Guides • Complete Shopping Lists

18-21g Protein Per Muffin



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Welcome to The Veggie Pack

Congratulations—you’re about to discover how to sneak serious nutrition into muffins that taste like dessert. Whether you’re feeding picky kids, fueling your workouts, or just trying to eat more vegetables without suffering through sad salads, this pack has you covered.

Every recipe in this guide has been tested multiple times to ensure:

- **Precise gram-based measurements** (no inconsistent cup measurements)
- **18-21g of protein per muffin** (verified via macro calculation)
- **Vegetables that completely disappear** into the batter
- **Kid-approved taste** (tested on actual picky eaters)

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The Veggie Prep Master Guide

- **ZUCCHINI PREP:** Shred finely and squeeze out all excess moisture.
- **CARROT PREP:** Shred finely. Do not squeeze.
- **SWEET POTATO PREP:** Roast or boil until soft, then mash into a smooth puree.
- **SPINACH PREP:** Blanch fresh spinach or thaw frozen, then squeeze out all liquid.

RECIPES

Recipe #1: Zucchini Protein Muffins

- **Ingredients:** Oat flour, vanilla whey, baking powder/soda, cinnamon, salt, nutmeg, Greek yogurt, eggs, maple syrup, applesauce, vanilla, shredded zucchini.
- **Instructions:** Mix dry, mix wet, combine, bake at 350°F for 22-25 minutes.

Recipe #2: Carrot Cake Protein Muffins

- **Ingredients:** Similar to zucchini, but with shredded carrots and optional cream cheese frosting.
- **Instructions:** Same as zucchini, but fold in carrots instead.

Recipe #3: Sweet Potato Protein Muffins

- **Ingredients:** Uses sweet potato puree for moisture and natural sweetness.
- **Instructions:** Bake at 350°F for 20-22 minutes.

Recipe #4: Spinach Power Muffins

- **Ingredients:** Includes spinach and almond butter for a nutrient-dense muffin.
- **Instructions:** Blend spinach with wet ingredients for a uniform green color.