

## Matcha Moringa-Goji Protein Muffins (Light & Cakey)

**Yield:** 12 muffins | **Prep Time:** 10 min | **Bake Time:** 15–18 min

**High-Protein | High-Fiber | Gluten-Free**

These Matcha-Goji Protein Muffins are a wholesome, high-protein snack or breakfast made with blended cottage cheese, Greek yogurt, Unjury protein powder, and superfoods like matcha, moringa, goji berries, and blueberries. With 12g protein and 5g fiber per muffin, they're ideal for anyone following a high-protein lifestyle, including those on GLP-1s or recovering from bariatric surgery. Bake a batch in under 30 minutes and fuel your day the Protein Flip™ way.



Recipe:

**Ingredients:**

¾ cup fat-free cottage cheese  
¼ cup plain nonfat Greek yogurt  
1 large egg  
2 egg whites  
2 scoops Unjury unflavored protein powder  
½ cup oat flour  
¼ cup Just Better Fiber  
1 tbsp matcha powder  
1 tbsp moringa powder  
¼ cup allulose  
1 tbsp honey  
1 tbsp avocado oil  
1 tsp vanilla extract  
¾ tsp baking powder  
¼ tsp baking soda  
Pinch of salt  
½ cup dried goji berries (soaked in warm water 5 minutes, then drained)  
½ cup frozen blueberries

**Directions:**

**Preheat oven** to 340°F (170°C). Line or lightly grease a 12-cup muffin tin.

**Blend the wet base:**

In a food processor or blender, combine cottage cheese, Greek yogurt, egg, and egg whites. Blend until smooth.

**Mix the dry ingredients:**

In a large bowl, whisk together the protein powder, oat flour, Just Better Fiber, matcha, moringa, baking powder, baking soda, salt, and allulose.

**Combine:**

Pour the blended wet mixture into the dry ingredients. Add the honey, avocado oil, and vanilla extract. Stir gently until just combined — do not overmix.

**Fold in the berries:**

Gently fold in most of the soaked goji berries, reserving a few for garnish.

**Fill muffin tins:**

For each muffin cup, fill halfway with batter. Place several frozen blueberries in the center of each cup. Then top with more batter until cups are about ¾ full. Gently press a few reserved goji berries on top for a vibrant finish.

**Bake:**

Bake for 15–18 minutes, checking at the 15-minute mark. Muffins are done when the tops spring back and a toothpick inserted in the center comes out clean.

**Cool:**

Let muffins cool in the pan for 5 minutes, then transfer to a wire rack to finish cooling.

**Chef's Notes**

Blending the cottage cheese, yogurt, and eggs creates a smooth, creamy batter and improves texture and rise.

Frozen blueberries keep their structure and distribute cleanly when added between two layers of batter — a trick that helps prevent bleeding.

Goji berries on top offer a hint of what's inside and a pop of color.

**Nutrition Estimate (per muffin)**

~250 calories • 12g protein • 5g fiber • 11g fat