

Trim Healthy
W I S D O M

Peasant Protein Muffins (E or XO)

(S - Based on the rugged, Cracked Rye Starter that is the foundation of my Peasant Bread, these muffins are not your pink Cadillac, frosted type. They are more like the Ford pick-up truck of muffins... not as pretty, but you bet they get behind a good, hard day's work. They stick to ya ribs and sustain you without sticking to ya belly as fat! I called these Simply Scrumptious Protein Muffins in our Trim Healthy Wisdom book, but since they share the rye starter with Peasant Bread, I feel I should officially keep "Peasant" in their name.

Basically, you eat them more for what they do for you than for how they look. But, in all seriousness, I take them to parties all the time and bring home an empty tray. They have this earthy, good ole days of yore, hearth, and home type of appeal that draws the attention of anyone seeking the more ancient, artisan ways of baking. Their cracked, fermented base is wonderful for your gut, and the baobab helps even further ensure they stay kind to your blood sugar levels even though you'll be in E or XO mode. There is no actual flour in these aside from what has been fully fermented in the Cracked Rye Starter... therefore these muffins are about the kindest grain-based ones to your blood sugar you could ever eat!

My children gobble these up with gusto. They love them reheated up in the air fryer with liberal butter and drizzled with honey as an XO. You can easily keep them in E mode with a very thin smear of nut butter or butter on top, or just eat them as is; they're nice and moist, so they don't really need a topping. I make double the amount I am giving you here as I rely on always having some in the freezer to reheat in our toaster oven whenever I want a muffin snack in the afternoon or to pair with my lunch. Remember, just don't expect a light and fluffy kind of muffin because you will be seriously disappointed. Anything with the word "Peasant" in front of it should be expected to be a little rough around the edges...but if you open your palate and your mind... then a whole new world... or I should say... an "old world" of yummy goodness is awaiting you.

These do have lovely protein in the form of egg whites and our original Integral Collagen, but they won't quite give you a full nerdy 25 grams or your full-needed leucine bolus. So, pair it with a drink on the side that provides some protein, or do what I do and have a 1/2 cup or so of my Tricked Out Super Quark on the side.)

Makes Around 12-16 very large muffins (or so)

INGREDIENTS:

- 6 cups *Cracked Rye Starter* (the exact amount leftover from *Peasant Bread* if making two loaves)
- 2 cups liquid egg whites
- ½ cup [TH Baobab Boost Powder](#)
- ½ cup [TH Integral Collagen](#)
- 1 rounded Tbs cinnamon
- ¼ tsp baking soda
- ¾ tsp [TH Mineral Salt](#)
- ¼ - ½ tsp [TH Pure Stevia Extract Powder](#) or ½ cup [TH Gentle Sweet](#) (these are not meant to be very sweet however if you prefer sweeter muffins, you'll sweeten with more to taste)
- 1½ cups frozen blueberries (or chopped fresh or frozen cranberries if in season)
- Couple handfuls of chopped walnuts for added crunch and flare (keep handfuls small if going for E and larger if not minding an XO, optional)
- Couple handfuls of favorite non-sulfured dried fruit like raisins, chopped figs, goji berries, or chopped apricots (go lighter with these if your blood sugar is testy, but the protein, baobab and fermented starter will help you better tolerate them, optional)



INSTRUCTIONS:

1. Preheat oven to 350 degrees.
2. Put the starter, egg whites, baobab, collagen, cinnamon, mineral salt, baking soda, and stevia (and extra gentle sweet if desired) in a large bowl and stir well to remove any clumps.
3. Now add the frozen berries, optional walnuts, and optional dried fruit and combine well.

4. Lightly spray nonstick muffin trays with coconut or olive oil and fill all the holes with the mixture that you have freshly stirred before removing each portion so that all the yummys are incorporated fairly evenly into each muffin.
5. Bake at 350 degrees until the tops are firm to the pressing of your fingers or a fork. Because these are made from rye starter (which is more of a dense flour and holds onto moisture), these muffins will be gooey when first pulled out of the oven. After allowing them to cool for a while on a wire rack, their inner texture will firm up to a delightfully moist yet chewy perfection.

Note:

These muffins keep very well out of the fridge for a couple of days... in the fridge for a week, and they freeze well for thawing and reheating in a toaster oven or air fryer. They are great to have in stock in your freezer for a super yummy and ultra-healthy protein-rich muffin that works great with a protein drink on the side like the Side Protein & Fiber Chocolate Milk, a ½ serving of TH ESSENTIAL in water, or some Super Quark.

Alternate Ideas for *Peasant Protein Muffins*:

They are delicious when made into savory versions. Add diced jalapenos and aged gouda cheese substituted for the nuts and fruit and leave out the added for an easy and delicious change up. The sky is the limit... try sun-dried tomato and rosemary... or a feta and kalamata olive version. Savory muffins are a lovely snack or addition to the side of a main meal.