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A Low Sugar Muffin Is Healthy And Speedy

When you are on your way to the office or only have a few minutes to grab some lunch in between meetings, it can be a nightmare trying to find a healthy meal that is quick to prepare and easy to eat. Pre-packed sandwiches are often full of salt and fat, crisps are the same and sugary pop can rot your teeth as well as add hundreds of extra calories into your diet. but you can find a meal that ticks all the boxes if you head to your local coffee shop.

A skinny [muffin](#) and a soy milk coffee is a meal that is tasty and filling as well as being healthy for you. Well, it is not as bad for you as the other lunch options available.

But how can a sweet muffin and a milky drink be good for you, filling and convenient?

Well we know that it is convenient because they are pre-made by the coffee shop. It only takes 10 minutes or less to order and collect your meal from the coffee shop so you can be in and out quickly. If you are walking or getting in a taxi you do not have to worry about spills because the coffee lid will prevent this. You also don't need to think about a plate or knife and fork with your muffin because you can simply bite into it.

It is the ingredients which make the meal filling and nutritious because they are different from the traditional ingredients of the unhealthy version. A skinny muffin is healthier than a normal muffin because the flour that is used is usually a mixture of wholemeal and soy flour. You feel fuller for longer when these two grains are consumed rather than white flour. The flavouring ingredients are usually also healthier, like fruit not chocolate chips.

For your coffee, skimmed or soy milk are the best choice over full fat or semi-skimmed because they are a good source of protein and lower in fat. protein is something that the body requires and is good for us, especially our muscles. This is because it is digested slowly and is not absorbed as fat in the body. So like the wholemeal flour in the muffin, you stay feeling fuller for longer.

When you need a quick meal that will satisfy your taste buds and keep you full, this option can be a better choice than readymade sandwiches.

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