

Banana Protein Muffins

Let us have a serious talk- bread is not BAD. In fact, there are many ways we can alter a bread recipe to help make it more nutritious for us. This recipe is made with a whole grain flour, bananas and honey as a sweetener, and protein powder for a little extra protein. Try a slice alongside Greek yogurt or hard-boiled egg for a tasty breakfast or snack on the go.

Ingredients:

1 cup	Whole wheat flour
½ cup	Protein powder (I used a vanilla flavor)
1 tsp	Baking powder
½ tsp	Baking soda
¼ tsp	Salt
1 tbsp	Ground cinnamon
1 tbsp	Cornstarch
3 large	Extra ripe bananas, mashed
1 large	Large egg
1 tbsp	Oil (I used canola oil)
1 tsp	Vanilla extract
¼ cup	Agave or honey
Optional	Nuts for topping

Directions:

1. Preheat the oven to 425 degrees F. Place muffin cups in 12 slots in a muffin pan. Grease each cup with cooking spray.
2. In a large bowl, whisk together the dry ingredients (flour, protein powder, baking soda, baking powder, salt, cinnamon, and cornstarch)
3. In a medium bowl, whisk together the bananas, egg, oil, vanilla, and honey.
4. Mix the wet ingredients into the dry ingredients. Mix until combined then STOP- do not overmix.
5. Spoon the batter evenly into the 12 pre-greased muffin cups.
6. Bake for 5 minutes. Then, lower the temp to 350 degrees and bake for 12-13 minutes.
7. Let cool for 10 minutes then serve or store!

**Store at room temp for 2-3 days, 5-7 days in the fridge, or up to 3 months in the freezer.

Servings: 12 muffins
 Serving size: 1 muffin

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Nutrition Facts		
Serving Size: 1 Muffin		
Amount Per Serving		% Daily Value*
Calories	114.6 kcal	6 %
Total Fat	2.1 g	3 %
Saturated Fat	0.3 g	1 %
Trans Fat	0 g	
Cholesterol	15.5 mg	5 %
Sodium	125.1 mg	5 %
Total Carbohydrate	20.8 g	7 %
Dietary Fiber	2.2 g	9 %
Sugars	9.2 g	
Protein	4.7 g	9 %
Vitamin A	1 %	Vitamin C 4 %
Calcium	5 %	Iron 3 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full info at cronometer.com </>