



BANANA CHOCOLATE CHIP PROTEIN MUFFINS

Macros for each Muffin (makes 15):

87 Cals, 10g Carbs, 1.5g Fat, 8.5g Protein

INGREDIENTS

400g Banana
200g Egg Whites
100g Unsweetened Vanilla Almond Milk
90g Flex Brands Vanilla Whey/Casein Blend Protein Powder
45g PB Party Protein Cookie Butter Powder
45g Coconut Flour
10g Zero Cal Sweetener of your Choice
5g Ground Cinnamon
10g Baking Powder
30g Mini Chocolate Chips

DIRECTIONS

1. Preheat oven to 350 Degrees. Add your banana to a bowl mash till there are no more chunks. Then add your egg whites and mix together.
2. Add your dry ingredients (except mini chocolate chips) to another bowl and mix to avoid clumping.
3. Now combine dry with the wet and mix. Then mix in your
4. Spray your muffin tins with non-stick cooking spray and add your batter to them.
5. Add your banana slice to the middle of the top of each of your muffins.
6. Bake for 25-30 minutes until tops of the muffins are cracked and you can see some golden brown spots.
7. Take out and let cool in the muffin molds for at least 30 minutes so they hold their form. Then enjoy!