

BANANA OAT CHOCOLATE CHUNK MUFFINS

Yield: 12 muffins

Total time: 30-45 minutes

Protein: 35 grams

Carbohydrates: 50 grams

Fat: 13 grams

INGREDIENTS

- 175g gluten-free rolled oats
- 60g gluten-free all-purpose flour
- 60g protein powder of choice (Vanilla protein would be best)
- 30g Maple Syrup
- 1 teaspoon baking powder
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon sea salt
- 300g mashed ripe banana (from 2 large bananas)
- 160ml Almond Milk
- 60ml olive oil
- 1 large egg + 2 egg whites, beaten
- 40g chopped dark chocolate (70% cocoa solids), approx 1.5 squares
- 30g chopped walnuts

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Place muffin liners in a muffin tin and spray with cooking spray.
3. In a food processor, pulse the oats, flour blend, sugar, baking powder, pumpkin pie spice and salt to combine, about five 1-second pulses.
4. In a medium bowl, whisk the banana, almond milk, oil, eggs until smooth. Add to the food processor and pulse a few times, just to combine.
5. Add the nuts and chocolate and pulse a few times to mix them evenly.
6. Fill the muffin liners 3/4 of the way up.
7. Bake for 20 minutes. Let cool before serving immediately transfer to a wire rack and let cool.

