

Nutrition Facts

Servings Size: 1 Muffin
Recipe Makes: 15 Servings

Amount Per Serving

Calories **87**

Total Fat 1.5g

Total Carbohydrate 10g

Protein 8.5g



Banana Chocolate Chip Protein Muffins

INGREDIENTS:

- 400g Banana
- 200g Egg Whites
- 100g Unsweetened Almond Milk
- 90g Vanilla Whey/Casein Blend Protein Powder
- 45g PB Party Protein Cookie Butter Powder
- 45g Coconut Flour
- 10g Zero Cal Sweetener
- 10g Baking Powder (make sure it's not expired!)
- Big Pinch of Sea Salt
- Ground Cinnamon (don't be shy!)
- 30g Mini Chocolate Chips

1. Add your bananas (the more ripe these are, the sweeter these muffins will be!) to your bowl and mash with a fork. Then add your egg whites and almond milk. Mix.
2. Now add all your dry ingredients and mix 'til a thick batter.
3. Add evenly to your mini silicone muffin molds. Got these off amazon. Add a banana slice on top of each one.
4. Add to a preheated oven on 350 degrees F for 16-18 minutes.
5. Then once done, let cool in muffin molds for at least 30 minutes and then enjoy!

- If you don't have a high quality whey/casein blend protein powder, these will not come out as well. That's why I use Flex Brands because it's the best protein for recipes.
- If you don't have cookie butter, you can sub with powdered pb. Might need to use a bit more just because it won't be as absorbent. You are looking for the same consistency you see in the video.