



# High Protein Choc Muffin

 16 servings  40minutes

## Ingredients

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1 1/2 cups rolled oats  
2 ripe bananas, mashed  
1/2 cup creamy peanut butter  
2 eggs  
1/4 cup flax meal  
1/2 flour (almond give more protein)  
1/4 cup plain Greek yogurt  
1/3 honey  
2 Tblsp vanilla extract  
1 tsp almond extract  
1 Tblsp Cinnamon  
1 tsp baking powder  
1/2 tsp baking soda

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Yummy and high in protein! These are a great way to start the day or a special after school snack idea. Very little sweetener and no oils make this a healthy energy snack.

## Method

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1. Preheat oven to 350 degrees. Grease 15 muffin cups or line with liners.
2. Mix oats, bananas, peanut butter, eggs, flax meal, almond flour, yogurt, honey, extracts, spices, baking powder, and baking soda in a stand mixer or food processor until batter is smooth. Fill each muffin cup 3/4 full with batter.
3. Bake in preheated oven until toothpick in center comes out clean - about 25 minutes. Cool muffins in muffin cups 5 minutes then move to a cooling rack.