



High Protein Choc Muffin

 16 servings  40 minutes

Ingredients

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 = more protein)
1/4 cup plain Greek yogurt
1/3 honey
3 Tbsp cocoa powder
2 Tbsp vanilla extract
1 tsp almond extract
1 Tbsp Cinnamon
1 tsp baking powder
1/2 tsp baking soda

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

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.