

Protein Banana Oat Muffins

Web Recipe · Snack · GF

175 cal · 10g protein · 24g carbs · 5g fat · 12 servings

Ingredients

- 2 cups rolled oats blended into oat flour
- 2 scoops vegan vanilla protein powder
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp cinnamon
- 3 ripe bananas mashed
- 1/3 cup maple syrup
- 1/4 cup almond butter
- 1/4 cup unsweetened almond milk
- 1 tsp vanilla extract
- 1 tbsp apple cider vinegar

Instructions

1. Preheat oven to 350°F (175°C). Line a 12-cup muffin tin with paper liners.
2. Blend rolled oats into oat flour using a blender or food processor.
3. In a large bowl, whisk together oat flour, protein powder, baking powder, baking soda, cinnamon, and salt.
4. In a separate bowl, combine mashed bananas, maple syrup, almond butter, almond milk, vanilla extract, and apple cider vinegar.
5. Pour wet ingredients into dry and stir until just combined.
6. Divide batter among 12 muffin cups.
7. Bake 20-24 minutes until a toothpick comes out clean.
8. Cool in the pan 5 minutes, then transfer to a wire rack. Store airtight for up to 1 week or freeze for 3 months.

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