

Magic Bar Banana Protein Muffins



PREP TIME

5 mins

COOK TIME

20 mins

TOTAL TIME

25 mins



COURSE

Breakfast, Dessert, Snacks



SERVINGS

12 muffins

CALORIES

160 kcal

INGREDIENTS

- 4 medium ripe bananas mashed
- ½ c almond milk unsweetened
- 1 tsp vanilla extract
- ½ c all purpose or oat flour
- 2 scoops Tru Protein Vanilla
- ½ c quick oats
- ¼ c coconut flakes unsweetened
- ¼ c walnuts chopped
- ½ c chocolate chips
- ½ tsp baking powder

INSTRUCTIONS

1. Preheat the oven to 350°F / 175°C
2. In a large bowl, mix mashed bananas, almond milk and vanilla.
3. In a separate bowl, mix protein powder, flour, and baking powder.
4. Add the dry mixture to the wet mixture until just mixed.

- 5. Fold in quick oats, walnuts, coconut and chocolate chips.
- 6. Pour into a muffin tin spritzed with cooking spray equally into 12 muffins.
- 7. Bake for 20 minutes.

NUTRITION

Nutrition Facts	
Magic Bar Banana Protein Muffins	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Fat 6.7g	10%
Carbohydrates 21.8g	7%
Fiber 2.1g	9%
Protein 5.1g	10%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?
Let us know how it was!