

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
- $\frac{1}{2}$ c almond milk unsweetened
- 1 tsp vanilla extract
- $\frac{1}{2}$ c all purpose or oat flour
- 2 scoops Tru Protein Vanilla
- $\frac{1}{2}$ c quick oats
- $\frac{1}{4}$ c coconut flakes unsweetened
- $\frac{1}{4}$ c walnuts chopped
- $\frac{1}{2}$ c chocolate chips
- $\frac{1}{2}$ 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!