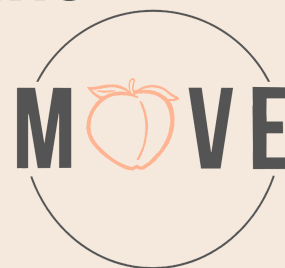


BANANA & BLUEBERRY PROTEIN MUFFINS



(Per Serving)

Calories 216

Carbs 29g / Protein 16g / Fat 4g



INGREDIENTS

80g Porridge Oats
35g Banana Protein Powder
(or other flavour)
1 tsp Baking Powder
1 ½ tsp Cinnamon
1 Medium Banana(ripe and
mashed)
80g Fat Free Greek Yogurt
1 Egg
1 tsp Vanilla Extract
6 Blueberries

PREP TIME

Serves 3 (2 muffins per serving)

Prep Time 7 mins

Cook Time 10 mins

Note: These are best served warm

HOW TO COOK

- 01** Preheat the oven to 200°C (390°F). Add the first 4 ingredients into a mixing bowl. Mix together and put to one side.
- 02** Add the banana to another mixing bowl and mash with a fork. Then add the remaining ingredients (except blueberries) Mix until an almost smooth consistency..
- 03** Add the oat and banana mixtures together and stir until both mixtures are combined. Ideally, use a silicone muffin tray, but if you're using a metal muffin tray use muffin cases to stop the muffin mixture from sticking.
- 04** Evenly fill 6 muffin cases with the mixture. Place 1 blueberry in the center of each muffin. Gently push it into the center and cover the top of the blueberry with the muffin mixture.
- 05** Cook in the oven for 10-12 minutes. To test if the muffins are done, place a metal stick into the mixture and if it comes out clean, they are done. Leave to stand for 10 minutes and tuck in.