



BEC  
BALDRY  
WELLNESS

# BANANA BREAD PROTEIN MUFFINS

SERVES 12

## INGREDIENTS

- 1 cup mashed banana approx 2 large bananas
- 1 egg
- 4 tablespoons honey
- 3 tablespoons coconut oil melted+ cooled
- 3/4 cup oat flour
- 1/2 cup vanilla protein powder
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/4 cup dark chocolate chips optional

## METHOD

1. Preheat oven to 180C and prepare a lined or greased muffin tin.
2. In a bowl, mash bananas until smooth. Stir in egg, honey, and coconut oil until combined.
3. Add in oat flour, protein powder, baking powder, baking soda, cinnamon and ginger. Stir until combined. Fold in chocolate chips if using.
4. Pour batter into cups, filling 3/4 of the way. Do not overfill!
5. Bake muffins for 15 minutes or until the tops are golden brown and a toothpick comes out clean when inserted in the center of the muffin.