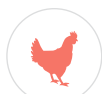


## • ENTREES •

*Banana Chocolate Protein Muffins*

*Recipe makes 12 muffins (1 serving = 3 muffins)*

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

#### INGREDIENTS

- ¾ cup oats
- 3 ripe bananas
- 2 eggs
- 2 tablespoons maple syrup
- 2 scoops chocolate protein powder
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg

#### INSTRUCTIONS

1. Preheat oven to 350 degrees. Line muffin tin with cupcake liners or grease tin.
2. Process oats in blender or food processor until ground to make oat flour. Add all the remaining ingredients and process until well blended.
3. Transfer to muffin tin, evenly distributing across 12 tins.
4. Bake for 18-20 minutes, or until a toothpick comes out clean.
5. Let muffins cool on cooling rack for 15 minutes.