High Protein Banana Chocolate Chip Oat Muffins

HIGH PROTEIN · HIGH FIBER · KID APPROVED

Healthy muffins you can feel proud to serve your growing kids.

Ingredients

Makes 24 muffins

WET

- 6 ripe bananas
- 4 eggs
- 1 ½ cups Greek yogurt
- ½ cup maple syrup
- 2 tsp vanilla

THE GOOD STUFF

- Chocolate chips, measured with your heart

DRY

- 2 cups oat flour
- 2 cups high protein oats
- 2 scoops vanilla protein powder
- 2 Tbsp ground flaxseed
- 4 tsp baking powder
- 2 tsp baking soda
- 2 dashes of cinnamon
- 2 pinches of salt

Directions

350°F for 14 to 18 min

1. Preheat the oven to 350°F and line or grease two muffin tins. Mash the bananas in a big bowl. Add the eggs, yogurt, maple syrup and vanilla. Mix until just combined. Do not overmix.
2. Add the oat flour, protein oats, protein powder, flaxseed, baking powder, baking soda, cinnamon and salt. Stir gently until just combined. Fold in the chocolate chips.
3. Scoop the batter into the tins and top with a few more chips. Bake 14 to 18 minutes, until a toothpick comes out clean.

**Loaf option: a full batch fills two loaf pans. Bake at 350°F for about 50 to 60 minutes, until a toothpick in the center comes out clean.*