



PROTEIN BANANA MUFFINS

INGREDIENTS

2-3 Bananas Smashed

1/2 Cup of Coconut Oil-Melted

1 Teaspoon of Vanilla Extract

1 Tablespoon of Real Maple Syrup

1/3 Cup of Almond Milk or Coconut Milk

1/2 Cup of Crushed Walnuts

1 Teaspoon of Cinnamon

1 and 1/2 Scoops of PowerStrength Protein Powder (Chocolate or Vanilla)

1/3 Cup of Dark Chocolate Chips

DIRECTIONS

- 1.** Mix bananas, coconut oil, vanilla, maple syrup and almond milk together in a mixer.
- 2.** Slowly add protein powder, cinnamon, walnuts and chocolate chips to the other ingredients. Mix well.
- 3.** Bake at 375 for 15-20 minutes. Sprinkle some cinnamon on top before putting in the oven.