

Perfect Banana Protein Muffins



WHAT YOU'LL NEED:

- 3/4 cup Ripe banana (about 1 large banana) or banana baby food puree
- 3/4 cup Egg whites
- 1/2 cup Plain low fat greek yogurt
- 3/4 cup Oats (I grind mine into flour using a coffee grinder)
- 2 scoops Perfect Nutrition Diesel Whey Isolate "French Vanilla" Flavour
- 1/4 cup Baking stevia OR 1/4 cup sweetener of choice
- 3/4 cup Stevia Chocolate Chips
- 1 tsp Baking powder
- 1 tsp Baking soda
- 1/2 tsp Cinnamon

DIRECTIONS:

Preheat your oven to 350F

Mix all of your ingredients in a large mixing bowl then pour contents into a 12 portion muffin tin. Bake at 350F for 15-20 mins.

Remove from the tin and let cool. Top with my delicious, low-fat, protein packed "Perfect Peanut Butter Frosting"!!

Enjoy...

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