



EASY HOMEMADE PROTEIN MUFFINS

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These muffins are packed with protein and fiber, making them perfect for travel or a quick breakfast on the go. Customize to your tastes and desires.

EQUIPMENT

Bowls
Spoon
Whisk
Spatula
Food Scale and/or measuring cups and spoons

INGREDIENTS

- 1 1/2 cups rolled oats
- 1/2 cup almond flour
- 1/4 cup ground flaxseeds
- 1/4 cup chia seeds
- 1 scoop vanilla or chocolate protein powder
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 2 ripe bananas (mashed)
- 2 eggs
- 1/2 cup Greek yogurt
- 1/4 cup almond milk (or milk of choice)
- 1 tsp vanilla extract
- 1/4 cup honey or maple syrup
- 1/4 cup dark chocolate chips or chopped nuts (optional)

DIRECTIONS

- Preheat oven to 350°F (175°C). Line a muffin tin with liners or spray with cooking spray.
- In a large bowl, mix oats, almond flour, flaxseeds, chia seeds, protein powder, baking powder, and cinnamon.
- In another bowl, whisk together mashed bananas, eggs, Greek yogurt, almond milk, vanilla, and honey/maple syrup.
- Combine the wet and dry ingredients until just mixed. Fold in chocolate chips or nuts if using.
- Divide batter evenly among muffin cups.
- Bake for 18-22 minutes or until a toothpick inserted in the center comes out clean.
- Let cool and store in an airtight container for up to 5 days or freeze for longer shelf life.