

Angie Bloom

Banana Oatmeal Chocolate Chip Muffins

Ingredients

- 2 medium bananas
- 3 cups rolled oats
- 1 cup almond milk
- 2 eggs
- 2 scoops protein powder (you can also omit this)
- 1 tsp vanilla extract
- 1 tsp baking soda
- 1 tsp cinnamon
- 1/4 tsp salt
- 1/4 cup chocolate chips

Preparation:

1. Preheat oven to 350°F. Prepare muffin tins with coconut oil or use paper muffin cups.
2. Blend bananas and eggs until smooth.
3. Sift in a bowl baking powder, oatmeal, cinnamon, and salt. Add to wet ingredients and incorporate well.
4. Spoon or I like to use a ¼ cup measuring cup to fill into muffin tin to make 12 muffins. Sprinkle each muffin with chocolate chips on top and then bake for 20-25 minutes. Let sit, then enjoy! Freeze extras for easy to grab snacks!

Nutrition Facts per Serving (1 muffin):

Calories: 113 per muffin, Protein 6.1g, Carbohydrates 16.1g, Fat 3g

