



Protein Banana Muffins

Ingredients

- Flour 1/2 cup
- Banana 1
- MuscleTech Lab Series Vanilla or Chocolate protein 1 scoop
- Cashew milk 1 cup
- Egg 1
- Baking powder 1 pinch



Directions

1. Preheat oven to 350 degrees F.
2. Mix all ingredients.
3. Pour into non-stick muffin tins.
4. Bake for 12-15 minutes.

Nutrition Facts

Serving size: 1 muffin

Recipe yields 6 muffins

Calories 94

Fat 2 g

Carbs 14 g

Protein: 5 g