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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.