



Egg & Dairy-Free Pea Protein Oat Muffins

Many people with egg allergies must create workarounds to bake the foods they love and stay healthy. This recipe works for everyone! Again, if preparing in bulk, triple the recipe. This makes approximately 4 muffins.

Ingredients

3/4 gluten-free old fashioned rolled oats
3/4 cup rice almond hemp or coconut milk
1/4 cup liquid coconut oil
1 banana
1 scoop OL chocolate pea protein

Nutritional Info Per muffin

Makes 4 muffins
Calories: 270
Fat: 15.7 g
Carbs: 20 g
Protein: 9.5 g

Directions

1. Mix all ingredients well in blender or Vitamix.
2. Pour mixture into muffin tins or baking cups.
3. Bake at 350 degrees for 18-20 minutes.