



### **Pea Protein Oat Muffins**

I prepare these in bulk to make a dozen. Triple the ingredients to make a bulk batch. The recipe makes approximately 4 muffins.

#### **Ingredients**

3/4 cup gluten-free old fashioned rolled oats  
2 whole eggs  
2 egg whites  
1 scoop Olympian Labs chocolate pea protein  
1 banana  
1/4 to 1/2 cup rice, almond, hemp, or coconut milk

#### **Nutritional Info Per muffin**

Makes 4 muffins  
Calories: 179  
Fat: 3.9 g  
Carbs: 19.2 g  
Protein: 12.8 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 15-18 minutes.