



Banana Bread Muffins With Sweet Potatoes

Ingredients

1/2 cup banana flavored protein powder
1/2 cup egg whites
1 cup unsweetened almond milk
3 tbsp. coconut flour
1/2 cup mashed sweet potato
1/2 cup mashed banana

Directions

1. Preheat oven to 350 degrees F.
2. Spray muffin pan with non-stick spray.
3. Combine sweet potato and banana until well mixed.
4. Add the rest of the ingredients.
5. Bake for 35-40 minutes or until a toothpick comes out clean.

Nutrition Facts

Serving size: 1 muffin
Recipe yields: 10 muffins
Calories: 61
Total Fat: 1.1 g
Total Carbs: 6.2 g
Protein: 6.6 g