



## **Banana Protein Muffins**

### **Ingredients**

Large banana 1  
Egg whites 3/4 cup  
Nonfat, plain Greek yogurt 1/2 cup  
Oats 3/4 cup  
MET-Rx Ultramyosyn Whey vanilla protein powder 2 scoops  
Sugar 2 tbsp (or Splenda baking sugar)  
Cinnamon 1 tsp  
Optional: extra banana slices for the top of the muffin

### **Directions**

1. Preheat oven to 350 degrees F.
2. Pop all the ingredients into a blender and blend until smooth.
3. Spray 12-tin muffin tray with cooking spray. Divide mixture evenly among 12 muffin tins. Place a thin slice of banana on top of each muffin.
4. Bake for 20 minutes or until an inserted knife comes out clean. Enjoy!

### **Nutrition Facts**

Serving size: 1 muffin  
Recipe yields 12 servings  
Calories 81  
Fat 1 g  
Carbs 12.3 g  
Protein 5.9 g