



## **Protein Pancake Muffins**

### **Ingredients**

MET-Rx High Protein Pancake Mix 2 cups  
Unsweetened almond milk 1-1/2 cups  
Ripe banana 1  
Almond extract 2 tsp  
Egg 1

### **Directions**

1. Preheat oven to 350 degrees F.
2. Mix all ingredients together in food processor, or if making by hand, mash the banana until smooth. Add all remaining ingredients and mix thoroughly to make sure there are no lumps.
3. Spray muffin tin with canola oil, coating all sides. Fill each muffin tin 1/4 way to the top.
4. Bake 15-20 minutes or until a toothpick comes out clean when pierced into a muffin.

### **Nutrition Facts**

Serving size: 1 muffin  
Recipe yields 10 servings  
Calories 53  
Fat 1.4 g  
Carbs 10.4 g  
Protein 3.9 g