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Blueberry Oatmeal Banana Muffins

Prep time: 5 min. **Cook time:** 20 min.

Serving size: 2 muffins

Recipe yields 6 servings

Ingredients

1 scoop Bodybuilding.com Signature Oatmeal Cookie whey protein

1 tbsp quick oats

1 ripe banana

1 whole egg

2 egg whites

1/2 tsp baking powder

1 tsp vanilla extract

1 packet (about 1 tsp) stevia

Dash of ground cinnamon to taste

1/4 cup blueberries

Directions

1. Preheat oven to 350 degrees F.
2. Combine banana, eggs, baking powder, vanilla extract, stevia, and cinnamon in a large bowl and beat with a hand mixer until smooth.
3. Stir in protein powder and oats until just combined, then gently fold in blueberries.
4. Divide mixture equally into muffin tins and bake for 18-20 minutes until a toothpick inserted into the center comes out clean. Let cool and enjoy!

