

Healthy Blueberry Banana Protein Mini Muffins

Makes 32 mini muffins

Ingredients:

- 1 1/4 cup oatmeal flour (Simply grind up about 1 3/4 cup oatmeal in a blender)
- 1 heaping scoop vanilla protein powder (I used Optimum Nutrition Casein Vanilla)
- 3/4 teaspoon baking soda
- 1 1/2 teaspoons ground cinnamon
- 2 Tablespoons honey
- 1 1/2 very ripe bananas
- 2 Tablespoons nonfat Greek yogurt
- 1 large egg, beaten
- 1/3 cup milk (*almond milk, soymilk, cow's milk, etc.*)
- 1 and 1/2 cup fresh or **unthawed** frozen blueberries

Directions:

1. Preheat oven to 325F degrees. Spray mini muffin tin (24) with nonstick spray.
2. In a medium bowl, mix the oatmeal flour, baking soda, protein powder and cinnamon together until combined. Set aside.
3. In a separate bowl, mix the honey, bananas, yogurt, and beaten egg. Slowly fold the wet ingredients into the dry ingredients. It will be very thick. Add the milk slowly and continue to gently mix the ingredients until just combined. Gently fold in the blueberries. Do not over mix the batter, which will lend tough, dry muffins.
4. Divide the batter between mini muffin tin. You will fill all 24 in the first batch, then 8 more in the next batch Bake for 11 minutes or until very lightly browned on the edges. Do not overcook. Allow the muffins to cool slightly, then remove from pan and do up the final 8.

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Nutrition Info (per muffin)

Calories – 36
Carbs – 7g
Fat – .5 g
Protein – 1.7g
Potassium – 25mg
Sugars – 3g
Fiber – 1g
Sodium – 31mg
Cholesterol – 6mg
Calcium – 2.5%
Vitamin C - 2%
Vitamin A – 0%
Iron – 3%

