

Banana Oatmeal Muffins

EDIBLE ENERGY

Ingredients

2 cups rolled oats
2 teaspoons ground cinnamon
2/3 cup protein powder (vanilla)
4 large egg whites
½ cup unsweetened apple sauce
2 large bananas
1 teaspoon baking powder
1 teaspoon baking soda



Mush bananas in your mixer. Add all other ingredients together. Mix enough to mix completely. Do not over mix this or it gets too much air. Use a jumbo muffin - muffin pan, fill with foil cups (jumbo size), fill with batter. Sprinkle a few rolled oats on the top of each muffin

Notes:

- Foil muffin cups a must - there is no oil in the recipe and paper muffin cups stick to the muffins.
- If you don't have a jumbo muffin pan you can make these in regular muffin size pan. You will get 12 vs. 6.
- If you don't have foil muffin cups spray the pan with a non-stick cooking spray
- Protein powders vary a lot in calories. This recipe uses: Garden of Life Raw Organic Vanilla Protein

Preheat oven to 350°

Bake approximately 20 minutes.

Cooking time may vary based on how your oven is calibrated and the size of the bananas.

Calories: 259/muffin (assuming jumbo muffins)