



## Banana Protein Muffins: No Flour Needed

12 servings

20 minutes

### Ingredients

- 2 Banana
- 4 Egg
- 1 tbsp Raw Honey
- 1 cup Almond Butter (or any nut butter)
- 1 tsp Vanilla Extract
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1/2 cup Ground Flax Seed
- 1/3 cup Protein Powder

### Nutrition

| Amount per serving |       |
|--------------------|-------|
| Calories           | 208   |
| Fat                | 15g   |
| Carbs              | 11g   |
| Fiber              | 4g    |
| Sugar              | 5g    |
| Protein            | 10g   |
| Cholesterol        | 62mg  |
| Sodium             | 131mg |
| Potassium          | 263mg |
| Vitamin C          | 2mg   |
| Calcium            | 102mg |
| Iron               | 1mg   |
| Vitamin D          | 14IU  |
| Folate             | 24µg  |
| Vitamin B12        | 0.2µg |
| Magnesium          | 71mg  |
| Zinc               | 1mg   |

### Directions

- 1 Preheat oven to 350°F (175°C) and line a muffin tin with paper liners. In a large bowl, combine the wet ingredients, once thoroughly mixed add in the dry ingredients.
- 2 Bake for 15-18 minutes, or until a toothpick inserted into the center comes out clean. Allow the muffins to cool in the pan for 10 minutes before transferring to a wire rack to cool completely.

### Notes

**Store:** : Store in a glass container in the fridge to keep fresh, as real food ingredients will spoil quicker.