



Peanut Butter Banana Protein Muffins



1/12th of recipe (1 muffin): 140 calories, 2.5g total fat, 234mg sodium, 22g carbs, 3.5g fiber, 10g sugars, 9g protein

Prep: 20 minutes **Cook:** 25 minutes

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Ingredients

3/4 cup whole-wheat flour
1/4 cup coconut flour
3/4 cup [powdered peanut butter](#)
1/2 cup vanilla protein powder with about 100 calories per serving
1/3 cup granulated white sugar
1 tsp. baking soda
1/2 tsp. cinnamon
1/2 tsp. baking powder
1/4 tsp. salt
3/4 cup fat-free plain Greek yogurt
1/4 cup egg whites or fat-free liquid egg substitute
1/2 tsp. vanilla extract
1 cup mashed very ripe banana (about 2 large bananas)
1/4 cup chopped peanuts

Directions

Preheat oven to 375 degrees. Line a 12-cup muffin pan with foil baking cups, or spray with nonstick spray.

In a large bowl, combine both types of flour, powdered peanut butter, protein powder, sugar, baking soda, cinnamon, baking powder, and salt. Mix well.

In a medium-large bowl, combine yogurt, egg whites/substitute, and vanilla extract. Add 1 cup water, and whisk until uniform. Add mixture to the large bowl, and stir until uniform. (Batter will be thick.)

Stir mashed banana and 2 tbsp. peanuts into the batter. Evenly distribute batter among the cups of the muffin pan, and smooth out the surfaces. (Cups will be full.) Evenly sprinkle cups with remaining 2 tbsp. peanuts.

Bake until a toothpick inserted into the center of a muffin comes out clean, 20 - 22 minutes.

HG Tips: Store leftover muffins in the fridge so they last longer. Or freeze 'em! To freeze, tightly wrap each cooled muffin in plastic wrap. Place individually wrapped muffins in a sealable container, seal, and place in the freezer. To thaw, unwrap and place on a microwave-safe plate. Microwave at 50 percent power for 1 minute. Continue to microwave at 50 percent power in 10-second increments, until muffin reaches your desired temperature.

MAKES 12 SERVINGS

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