

High-Protein Banana Oat Muffins

12 servings • Category: Baking • Generated by Nutrifax

Ingredients

- 200 g Grains (oats)
- 123 g Yogurt (Greek, plain, nonfat)
- 2 large Egg (whole, raw, fresh)
- 2 medium (7" to 7-7/8" long) Bananas (raw)
- 4 tablespoon Peanut butter (smooth style, with salt)
- 3 tbsp Honey
- 1 1/2 tsp Leavening agent (baking powder, double acting, phosphate)
- 1 tsp Spices (cinnamon, ground)
- 1 tsp Vanilla extract

Instructions

1. Preheat oven to 350°F (175°C). Line a 12-cup muffin tin with paper liners.
2. Mash the bananas in a large bowl until smooth.
3. Add the eggs, Greek yogurt, peanut butter, honey, and vanilla. Mix until well combined.
4. Stir in the oats, baking powder, and cinnamon until evenly distributed. Let the batter rest for 5 minutes so the oats absorb moisture.
5. Divide batter evenly among the 12 muffin cups.
6. Bake for 20–22 minutes until the tops are set and a toothpick comes out clean.
7. Cool in the pan for 5 minutes, then transfer to a wire rack. Store in the fridge for up to 5 days.