



Spin Your Own Axis

Protein Banana Oatmeal Muffins

If you are a sucker for moist, tasty and soft muffins, this recipe is for you!!

These banana muffins can be the perfect recipe for a snack in between your meals, for a pre/post-workout snack or simply a birthday cake. So many options, you choose. The thing that I love the most is that they are made up of basic pantry staples that you may already have at home and don't need to over spend to create a healthy muffin. & when you are freaking out because you think you'll have to throw away that ripe banana sitting in the fruit holder you can turn it into a yummy recipe like this.



- **Prep Time:** 15 minutes
- **Cook Time:** 25 minutes
- **Total Time:** 45 minutes
- **Serving:** 5

Ingredients

- 2 Ripe Bananas
- 1 cup Organic Quick Oats
- 2 scoops Protein Powder
- 1/2 tsp Baking Soda
- 1/2 tsp Baking Powder
- 1/4 cup Turkey Honey
- 1 Whole Egg
- 1 Egg white
- 1 tsp Vanilla Extract
- 2 tbsp Coconut Oil
- 1/2 cup Apple Sauce
- 1/4 cup Greek Yogurt

Instructions

1. Preheat oven to 350 degrees
2. Get your cavity mini meatloaf pan ready by spraying coconut oil
3. In a food processor or blender, add all ingredients following the same order as listed above.
4. Once all ingredients are all inside processor/blender blending until forming a fine consistency.
5. Then, evenly separate mixture into your pan, whether it is a 4-6 serving pan.
6. Finally, place in the oven for approximately 15 minutes, monitor if needed add extra 3-5 minutes.

Nutrition Facts

- **Serving Size:** 1/6
- **Carbohydrates:** 34g
- **Fat:** 8g
- **Protein:** 12g
- **Fiber:** 3g
- **Calories:** 248
- **Sodium:** 151mg
- **Sugar:** 18
- **Iron:** 4%