High Protein Banana Muffins



[**Print**](http://iheartvegetables.com/easyrecipe-print/12085-0/)

**Prep time**

5 mins

**Cook time**

12 mins

**Total time**

17 mins

At just 60 calories each, these muffins are a perfect low calorie snack!

Author: Liz Thomson

Recipe type: Breakfast

Cuisine: Muffin

Serves: 15 muffins

**Ingredients**

* 1 large ripe banana
* ¾ cup of egg whites
* ¾ cup whole wheat flour
* ½ cup plain Greek yogurt
* 2 scoops of vanilla protein powder (I use whey protein)
* 1 tsp baking soda
* 1 tsp baking powder
* ½ tsp cinnamon
* Optional: walnuts, chocolate chips, etc.

**Instructions**

1. Preheat the oven to 350.
2. Add all the ingredient to a food processor and blend until smooth.
3. Spray a muffin tin with non-stick spray.
4. Scoop about ⅓ cup of batter into each muffin tin.
5. I made 15 muffins which is an awkward amount of muffins to make so if you prefer, you can make them a bit larger and just make a dozen. That'll only add about 10 calories to each muffin, so no big deal.
6. Bake for 11-13 minutes or until a toothpick comes out clean. Mine took 12 minutes exactly

Pumpkin Muffins

**Minutes to Prepare: 5**

**Minutes to Cook: 15**

**Number of Servings: 6**

Ingredients

1 C oat bran (can use whole wheat flour)
3 scoops Protein Powder (I used Designer Whey)
1/2 C pumpkin
1 TBSP cinnamon
1.5 TSP baking powder
.5 TSP baking soda
2 egg whites
3 TBSP flaxseed meal (ground up flaxseed)

Directions

Mix all ingredients in 1 bowl. Make sure to break up any clumps that appear. Pour out in muffin tins till 3/4 full. Bake at 350 degrees for about 15 minutes. This makes 6 muffins.