


# RECIPE

Chocolate Chip Banana Protein Mini Muffins

 30 + muffins

From the kitchen of Inflorescence Designs



## Ingredients



2 Cups Protein Pancake Mix \*\*

2 VERY Ripe Bananas

1 Cup Milk

1/4 Cup Sugar \*\*

1 Large Egg

1 tsp Cinnamon

1 tsp Vanilla Extract

Chocolate Chips

\*\* I have used several brands of protein pancake mixes. Use your favorite! I have used Kodiak, Aldi brand, Kroger...you name it!

\*\*Sugar can be substituted with pure maple syrup or honey

\*\*The riper the banana, the sweeter the muffins.

## Directions



Preheat oven to 350 degrees F. Spray mini muffin pans with nonstick cooking spray and set aside.

Using a fork, mash the bananas in a mixing bowl. Add the milk, egg, sugar, vanilla and cinnamon to the bananas and mix.

Fold the pancake mix into the wet ingredients. The mix might be lumpy depending on what brand of pancake mix you use.

Spoon into mini muffin pans. Place 3-5 chocolate chips on top of the muffins. I place them on top because if mixed into the batter they sink during cooking and fall out when trying to release the muffins from the pans.

Bake for about 12-15 minutes or till the tops spring back when gently pressed.

Allow to cool in pans for 5 minutes then finish cooling on wire rack.

\*\*These muffins can be frozen and stored for a few months. Once cool, place on tray and freeze. To thaw, microwave for 30 seconds. These are great for the kids school lunches. I like to send these with fruit and yogurt!