

CHOCOLATE BANANA PROTEIN MUFFINS

Ingredients:

- 6 tbsp butter, melted
- ½ cup brown sugar
- 1 egg
- 1 tsp vanilla
- 1 cup mashed ripe bananas (about 3 bananas) (see note)
- 1 cup all-purpose flour
- ¼ cup cocoa powder
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- ½ tsp salt
- 6 tbsp protein powder (see note)
- ½ - ¾ cup chocolate chips (optional)



Instructions:

1. Preheat oven to 425 degrees F, and line a standard 12-cup muffin tin with paper liners. (See notes)
2. In a large mixing bowl, combine melted butter, egg, brown sugar, vanilla, and the mashed banana. Mix well.
3. In a medium mixing bowl, combine flour, cocoa powder, baking soda, baking powder, cinnamon, salt, and protein powder. Whisk together.
4. Add the dry ingredients to the wet ingredients, and gently stir with a spatula.
5. Gently add chocolate chips if using.
6. Spoon into muffin tin. You will have 12 nearly-full muffin papers.
7. Bake for 5 minutes at 425 degrees F, then turn oven down to 350 degrees F (keep muffins in oven). Continue baking for 12-15 minutes, until a toothpick comes out clean.

Notes:

1. The fruit puree used in this recipe is quite flexible. I have also used 1 banana, and filled the rest of the cup with applesauce or pureed (not canned) pumpkin.
2. I created this recipe with collagen peptide protein powder. I have not used any other protein powder, so I can't vouch for success with other powders.
3. These muffins are quite delicate, and I have found they fare much better in muffin papers. I have baked them in a greased pan, and it works, but you must let the muffins cool for at least 10 minutes, preferably more, before removing to a cooling rack.