

# Peanut Butter Protein Banana Muffin Tops

Makes: 16-17

Prep time: 4 minutes

Cook time: 12-15 minutes

## INGREDIENTS:

3 medium bananas

1/2 cup natural peanut butter

2 tbsp coconut sugar

3-4 tbsp nut milk

1 tsp vanilla

1 tsp cinnamon

1 cup oat flour (ground up oats in a blender)

2 scoops vanilla vegan protein powder

1.5 tsp baking powder

1 tsp baking soda

Pinch of salt



**Serving size:** 2 muffin tops

## INSTRUCTIONS:

1. Preheat the oven to 350 degrees and take out a baking sheet.
2. Using a fork, mash the banana in a bowl with the peanut butter, coconut sugar, nut milk, vanilla and cinnamon. Mix until well combined.
3. Add in the flour, protein powder, baking powder, baking soda and pinch of salt. Use a spatula and mix together until a batter-like consistency forms.
4. Spoon the batter onto the sheet pan and form into a cookie shape.
5. Place in the oven for 12-15 minutes. Every oven is different so watch them and remove them from the oven when they start to become a little golden brown.
6. Let them cool completely. Store in a large baggie or covered container on the counter or in the pantry for up to 5 days. Freeze for longer.