

Banana Protein Muffins Recipe with Chia Seeds



Nutrition Facts

Amount Per Muffin

Calories	170 kcal
Protein	10.3g
Carbohydrate	16.4g
Fat	7.2g
Dietary Fiber	3g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients for 9 Banana Protein Muffins:

- 2 Bananas
- 100g Instant Oats
- 3 Egg whites
- 30g Shredded Hazelnut
- 70g Whey Protein (Banana)
- 20ml natural fitOil
- 1 Tablespoon Honey
- 1 Tablespoon Peanut Butter (crunchy)
- 15g Chia Seeds
- 1 Teaspoon Cinnamon
- Vanilla
- 20ml Walden Farms Caramel Syrup (Calorie free)

Preparation of the Protein Muffins:

Preheat the oven to 170° Celsius.

Cut bananas into peaces and mash them with a fork. Put all the ingredients, except the egg whites, into a bowl and mix it with an eggbeater. Beat the egg whites in another bowl and afterwards fold it in the liquid dough.

Spread the liquid dough into 9 muffin cups. Bake them for about 20 - 25 minutes (170° Celsius).

Finally let the Protein Muffins cool down for a bit. Enjoy them and stay fit!

One Protein Muffin contains 10.3g of Protein. Would you like to see more Protein Desserts? Check [this](#) out!

