



Banana Chocolate Chip Power Muffins

1 large ripe banana

1/2 cup applesauce

1 cup oats

2 cups oat flour

4 egg whites

1/2 cup plain Greek yogurt

1 teaspoon vanilla extract

1 teaspoon baking soda

1 teaspoon baking powder

1 scoop Teraswhey Plain or Bourbon Vanilla Protein Powder

1/2 cup chopped dark chocolate pieces or dark chocolate chips

Preheat oven to 375 degrees

Grease or line muffin tins

Using a potato masher, mash bananas until they are an even consistency. Add egg whites and yogurt, continuing to mash until incorporated. Add oats and oat flour and mix thoroughly. Add all remaining ingredients and blend together until the batter is a gooey consistency. If it is too thick add a small amount of water and remix until desired textured is achieved.

Add two heaping spoons of batter to each muffin cup (cups should be about 1/3 to 1/2 full). Bake muffins for 15 to 20 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Yields 12 medium sized muffins.

Compliments of teraswhey recipes - Tera Busker