

## Banana Protein Muffins

Makes 12

193 Cal; 5 g protein

- 180 g white whole-wheat flour
- 1 tsp baking powder
- 1 tsp ground cinnamon
- $\frac{3}{4}$  tsp baking soda
- $\frac{1}{2}$  tsp salt
- 94 g plain Greek yogurt
- 129 g creamy natural peanut butter, well stirred
- 2 large eggs
- 1 C mashed banana (from 2 very ripe bananas)
- 100 g packed light brown sugar
- 75 g granulated sugar
- 1 tsp vanilla extract
- 84 g chopped walnuts, toasted

1. Preheat oven to **180°C**.
2. Line a 12-cup muffin tin with paper liners.
3. Whisk **flour, baking powder, cinnamon, baking soda** and **salt** together in a medium bowl. Set aside.
4. Whisk **yogurt** and **peanut butter** together in a large bowl until smooth.
5. Add **eggs, banana, brown sugar, granulated sugar** and **vanilla**; whisk to combine.
6. Fold the flour mixture into the banana mixture until the flour is mostly incorporated.
7. Spoon the batter evenly into the prepared muffin cups (3 heaping T each); sprinkle evenly with **walnuts**.
8. Bake until a wooden pick inserted in the centers comes out clean, **18 to 22 minutes**.
9. Remove from oven; let cool for 5 min.

