

CHOCOLATE PROTEIN MUFFINS

Yield: 12 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/over-ripe-bananas-recipe-indian>

Ingredients:

- 3/4 cup oats
- 3 ripe bananas
- 2 eggs
- 2 tablespoons maple syrup
- 2 scoops chocolate protein powder
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 3/4 cup oats
- 3 bananas ripe
- 2 eggs
- 2 tablespoons maple syrup
- 2 scoops chocolate protein powder
- 1 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 75 milligrams
4. Fat: 7 grams
5. Fiber: 5 grams
6. Protein: 21 grams
7. SaturatedFat: 1 grams
8. Sodium: 350 milligrams

9. Sugar: 12 grams

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