

peanut butter almond flour muffins

Makes 10 muffins

PREP TIME: 10 minutes

COOK TIME: 20 minutes

2 ripe bananas

1 egg

1-2 Tbsp maple syrup (optional)

$\frac{2}{3}$ cup natural peanut butter

$\frac{1}{4}$ tsp vanilla extract

1 cup almond flour

$\frac{1}{4}$ cup unflavored protein powder

$\frac{1}{2}$ tsp baking soda

chocolate chips (optional)

PREHEAT oven to 350°F.

MASH bananas in a large mixing bowl.

ADD egg, maple syrup (if using), peanut butter and vanilla, stirring to combine.

STIR in almond flour, protein powder and baking soda. The batter will be very thick.

FOLD in chocolate chips (if using).

POUR batter into silicone muffin pan.

BAKE in oven for approximately 20 minutes, or until a toothpick inserted into the middle comes out clean.

