



BANANA CHOCOLATE CHIP PROTEIN MUFFINS

High Protein / Low Sugar / Gluten Free / Dairy Free

Recipe by Stephanie May Potter and featured on MariGoldFoods.com

"These low sugar, protein banana chocolate chip muffins are delicious, gluten and dairy free and kid friendly. Plus, they are made without any refined sugar."

- Stephanie

INGREDIENTS:

- 2 eggs (beaten)
- 2 Tbsp cup coconut oil (melted)
- 1/4 cup unsweetened almond milk
- 2 large ripe bananas (mashed about 1 cup)
- 1/4 cup of no sugar maple flavored syrup (i.e. RXSugar brand)
- 1 tsp vanilla extract
- 1 cup all purpose gluten-free flour (I use King Arthur)
- 1/2 cup + 1 Tbsp MariGold Creamy Vanilla Whey Isolate Protein Powder
- 1 tsp baking soda
- 1/4 cup monk fruit sweetener (granules)
- pinch of sea salt
- 1/2 cup + 1 Tbsp monk fruit or stevia sweetened chocolate chips



DIRECTIONS:

1. Pre-heat oven to 350 degrees and line one muffin tin with liners and spray with oil (I like avocado oil)
2. Combine all wet ingredients (eggs through vanilla) with a whisk into a medium size bowl until well combined.
3. In a smaller bowl combine the dry ingredients (flour through salt) with a whisk.
4. Using a spatula, fold in the dry ingredients with the wet ingredients until there are no clumps and it's evenly combined. You may need to add a little more almond milk or more protein powder to obtain the right consistency. Fold in the dark chocolate chips.
5. Bake the muffins for 18-20 minutes or until an inserted toothpick comes out clean. Cool for 15 minutes and then gently remove the muffins from the pan. Enjoy on their own or add a bit of ghee or grass-fed butter, if desired and enjoy!

Featuring MariGold
Creamy Vanilla Whey Isolate
Protein Powder
(MariGoldFoods.com)

