



FLUFFY BANANA BLUEBERRY PROTEIN MUFFINS

High-Protein / Gluten-Free / Clean-Eating

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INGREDIENTS:

- 2-3 ripe bananas, mashed
- 1/2 cup unsalted butter or a dairy-free alternative, melted
- 1/3 cup sugar substitute of choice (adjust to taste)
- 2 large eggs
- 1 teaspoon pure vanilla extract
- 2 1/2 cups almond flour
- 1 scoop MariGold Creamy Vanilla Whey Isolate Protein Powder
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon (optional)
- 1/4 cup chopped nuts (e.g., walnuts or pecans, optional)



DIRECTIONS:

1. Preheat your oven to 350°F (175°C). Grease a 9x5-inch (23x13 cm) loaf pan or line it with parchment paper for easy removal.
2. In a mixing bowl, mash the ripe bananas with a fork or potato masher until smooth.
3. In a separate bowl, whisk together the melted butter, your chosen sugar substitute, eggs, and vanilla extract.
4. In another bowl, combine the almond flour, Whey Protein Isolate, baking soda, baking powder, salt, and ground cinnamon (if using).
5. Add the wet mixture to the mashed bananas and stir to combine.
6. If desired, gently fold in the chopped nuts.
7. Pour the batter into the prepared loaf pan. Bake in the preheated oven for about 50-60 minutes, or until a toothpick or skewer inserted into the center comes out clean.

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

