

Banana Oatmeal Mini Muffins

American

High-protein mini muffins made with bananas, oats, cottage cheese, and eggs.

Ingredients:

Main:

- * 2 ripe bananas
- * 1 cup rolled oats (blend into oat fl...)
- * 1/2 cup cottage cheese
- * 2 eggs
- * 1 teaspoon baking powder
- * 1/2 teaspoon baking soda
- * 1 teaspoon cinnamon
- * 1 teaspoon vanilla extract
- * salt (pinch)



Instructions:

1. Preheat oven to 350°F.
2. Add oats to a blender and blend until they form a flour-like texture.
3. Add bananas, cottage cheese, eggs, baking powder, baking soda, cinnamon, vanilla extract, and salt. Blend until smooth.
4. Lightly grease a mini-muffin pan or use a silicone mini-muffin tray.
5. Fill each mini-muffin cup.
6. Bake for 20 minutes, or until the tops are set and a toothpick comes out mostly clean.
7. Let cool for 10 to 15 minutes before removing from the pan.

Notes:

Use silicone mini-muffin mold for best results

Servings: 24 | Serving size: 1 mini muffin | Calories: 35 | Protein: 2g