



## High-Protein Banana Muffins (Greek Yogurt)

### Ingredients:

- 2 medium ripe bananas (mashed)
- 2 large eggs
- 1 cup plain Greek yogurt
- 1 tsp vanilla extract
- 1/3 cup honey or maple syrup (or sugar-free alternative)
- 2 cups almond flour
- 1/4 cup protein powder (vanilla or unflavored – optional)
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp cinnamon
- Pinch of salt
- Optional: walnuts, chocolate chips, or blueberries

### Instructions:

1. Preheat oven to 350°F (175°C). Line or grease a muffin tin.
2. In a large bowl, mash bananas. Whisk in eggs, yogurt, vanilla, and sweetener.
3. In another bowl, combine almond flour, protein powder, baking soda, baking powder, cinnamon, and salt.
4. Add dry ingredients to wet and stir until just combined. Fold in add-ins if using.
5. Divide batter evenly into muffin cups.
6. Bake 18–22 minutes, or until a toothpick comes out clean.
7. Cool before removing from pan.

### Approx. Macros (per muffin):

Calories: ~165 | Protein: ~9g | Carbs: ~12g | Fat: ~8g