High-Protein Banana Muffins (Dairy-Free)

Ingredients:

- 2 medium ripe bananas (mashed)

- 2 large eggs (or flax eggs for vegan option)

- 1/2 cup unsweetened almond milk (or coconut milk)

- 1/4 cup coconut oil (melted)

- 1 tsp vanilla extract

- 1/3 cup honey, maple syrup, or sugar-free alternative

- 2 cups almond flour

- 1/4 cup protein powder (optional, plant-based if vegan)

- 1 tsp baking soda

- 1/2 tsp baking powder

- 1/2 tsp cinnamon

- Pinch of salt

- Optional: walnuts, dark chocolate chips, or shredded coconut

Instructions:

1. Preheat oven to 350°F (175°C). Line or grease a muffin tin.

2. Mash bananas and whisk with eggs (or flax eggs), almond milk, coconut oil, vanilla, and sweetener.

3. In another bowl, mix almond flour, protein powder, baking soda, baking powder, cinnamon, and salt.

4. Combine wet and dry ingredients until just mixed. Fold in add-ins if using.

5. Scoop batter evenly into muffin cups.

6. Bake 20–24 minutes, or until golden and a toothpick comes out clean.

7. Allow to cool before removing.

Approx. Macros (per muffin):

Calories: ~170 | Protein: ~8g | Carbs: ~13g | Fat: ~9g