

Easy Peasy Protein Muffins

Ingredients:

- 3 cups oats
- 1 tsp baking powder
- 1 cup milk (I use almond milk)
- 2 eggs
- 1 serving of protein powder*
- ½ cup liquid sweetener (maple syrup, honey, date syrup etc.)
- Banana or ½ cup frozen blueberries or raspberries (optional)

*If you don't have protein powder just use 2 tbsp of flour of your choice (plain, oat, gluten-free etc.)

Method:

1. Preheat the oven to 180°C and line a 12 cup muffin tin with muffin cases.
2. Mix together the oats, baking powder and protein powder in a large bowl.
3. Add the milk, eggs and sweetener to the same bowl and mix together.
4. Stir through the frozen blueberries or raspberries, if you're using them.
5. Divide the mixture into the 12 muffin cups. If using a banana, slice it up and add a slice to the top of each muffin.
6. Bake in the oven for 20-25 minutes.
7. Once cooked allow them to cool for 5 minutes until removing them from the muffin tin.
8. ENJOY!!

These muffins are super quick and easy. They are one of my favourite snacks at the moment. I recommend storing them in the fridge to stop them from going off. They are delicious for breakfast with some yoghurt and fruit or just as a snack between lessons to keep you going.