

SUMMER BRADLEY'S FAVE PROTEIN PEANUT BUTTER BANANA MUFFINS

LES MILLS+

CHOOSE HAPPY

INGREDIENTS:

- 4 Ripe bananas
- ½ Cup creamy peanut butter
- 2 Tbsp olive oil
- ¼ Cup maple syrup
- 2 Eggs
- 1 Tsp vanilla essence
- 1 Cup chocolate protein powder
- 1 Cup all-purpose flour
- 1 ½ Tsp bi-carb soda
- 1 Cup dark chocolate chips
- Extra peanut butter, for serving

METHOD:

Preheat the oven to 180° C and grease 16 muffin tins. Add the wet ingredients to the blender first. Start with the bananas, then peanut butter, oil, eggs, maple syrup and vanilla essence.

Once blended, add the dry ingredients – flour and bi-carb soda. Blend one more time to properly combine everything.

Pour the mixture into muffin tins and sprinkle with dark chocolate chips.

Bake for 20-22 minutes, until just set. Serve with peanut butter on top.



“These muffins are one of my go-to snacks. They’re just sweet enough, filling, and great for a mid-afternoon pick me up.”

-Summer Bradley