

Banana Bread Pancake Muffins

Banana Bread Pancake Muffins



Makes 9 Muffins

Blue – 1 point for 1; 2 points for 2; 4 points for 3

Purple – 1 point for 1; 2 points for 2; 4 points for 3

Green – 2 points for 1; 3 points for 2; 5 points for 3

- 2 very ripe bananas (mashed)
- 1/2 cup Birch Benders Protein Pancake Mix
- 2 eggs
- 1/4 cup almond milk
- 2 Tbsp non fat plain Greek yogurt
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1 oz chopped walnuts

1. Preheat oven to 350
2. In a large mixing bowl, mash bananas with an electric mixer. Add in the rest of the ingredients and mix well.
3. Spray a standard size muffin pan with non stick spray. Divide batter evenly between muffin cups.
4. Bake for about 16 minutes or until a toothpick inserted in the center comes out clean.
5. Cool on wire rack. Refrigerate leftovers.

