

Banana Bread Pancake Muffins

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Makes 9 muffins, 1 point for 1, 2 points for 2, 4 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.