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Power Muffins

- 3 bananas
- 1 cup fat free cottage cheese
- 4 egg whites
- 2 cups oatmeal
- 1 1/2 cup oat flour
- 1 tsp baking powder
- 1 tsp baking soda
- cinnamon
- vanilla

Preheat oven to 400 degrees. Put 2 1/2" muffin tins in the muffin pans. Makes about 24 2" muffins. In bowl mix bananas, cottage cheese, egg whites, baking powder, baking soda, cinnamon and vanilla. Next, mix in oatmeal and oat flour. The consistency of the batter should be gooey. Put about 2 tbsp of the mix in each muffin tin. Place in oven and cook for 15 minutes or until the muffins are not gooey inside. To test the muffins, poke a tooth pick in the middle, if it comes out dry they are done.

Want to add a topping

Put 4 scoops of protein powder in a bowl. Add 4 packets of splenda for extra sweetness. Add 3 tbsp of water to the protein powder. Finally spread the topping on the muffins.

What kind of protein powder?

Whey protein, Optimum Nutrition's new 'Any Whey Protein'. This tasteless protein is designed for cooking.

Additional Options for ingredients

- Raisins
- Walnuts
- Orange Peel