

From Kathryn's Kitchen  
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## Banana Walnut Protein Muffins

Prep Time: 10 minutes  
Cook Time: 25 minutes  
Servings: 12



### Ingredients:

- 1 cup of chopped Walnuts

Dry:

- 1 cup Arbonne Vanilla Protein Shake Mix
- ½ cup almond flour
- ¼ tsp ground nutmeg (optional)
- ¼ tsp cinnamon (optional)
- ½ tbsp. baking powder
- ½ tsp. kosher salt

Wet:

- ¼ cup maple syrup
- 1 ripe banana
- ½ cup unsweetened almond (or cashew) milk
- 2 eggs

### Directions:

Preheat oven to 350°. In a large mixing bowl whip all wet ingredients together. In a separate mixing bowl sift together all dry ingredients. Continue mixing wet ingredients while slowly adding the combined dry ingredients. Lastly, mix in the chopped walnuts. Coat 12 muffin tins lightly with coconut oil. Divide batter equally into twelve muffin tins (approximately ¾ full). Bake at 350° for 25 minutes or until toothpick inserted in the center comes out clean.



*Enjoy,  
Kathryn*

