

Banana Berry Breakfast Muffins



BANANA BERRY BREAKFAST MUFFINS

ingredients

3/4 cup frozen mixed berries, thawed and drained
3 very ripe bananas
1/2 teaspoon vanilla extract
1 teaspoon baking powder
1/4 teaspoon cinnamon (optional)
4 large eggs
Nonstick spray or cupcake liners

directions

Preheat the oven to 375 degrees.

Spread berries on a paper towel to drain excess liquid. Peel and mash the bananas until there are no lumps. Add vanilla, baking powder, eggs, and cinnamon to bananas; mix to combine.

Spray muffin tin with nonstick spray, or line with cupcake liners. Add berries evenly to each muffin cup. Fill tins with the banana-egg mixture evenly, about 3/4 full.

Bake 12-14 minutes or until set (muffins should not jiggle when the pan is shaken).

notes

Try adding 1/2 cup nuts or seeds for some extra protein!