

# Chocolate Protein Muffins

## Instructions

1. Preheat the oven to 350 degrees. Prepare a muffin tin by adding nonstick spray or lining it with paper liners.
2. Add all of the ingredients except the chocolate chips to a blender and blend until smooth.
3. Pour the batter into the muffin tin, filling each cup about halfway. Top each muffin with chocolate chips.
4. Bake for 20-22 minutes or until a toothpick inserted into the center comes out clean.

## Ingredients

- 2 very ripe bananas
- 1 cup of nut butter
- 1 cup of kale or spinach
- 3 eggs
- ¼ cup of honey (or maple syrup)
- 1 tsp of vanilla extract
- ¼ cup of cocoa powder
- 2 tbsp of ground flaxseed
- 1 tsp of baking powder
- ¼ tsp of baking soda
- Chocolate chips (optional)

## Grocery List

### Produce

- 2 bananas
- Spinach or kale

### Dairy

- Eggs

### Pantry Items

- Nut butter
- Honey or maple syrup
- Vanilla extract
- Cocoa powder
- Ground flaxseed
- Baking powder
- Baking soda
- Chocolate chips (optional)