

What do I do with...

OVERRIPE BANANAS



Have your bananas gone brown and squishy before you had a chance to finish them? Don't toss them! **Overripe bananas** are the perfect natural sweetener for baking. Try these high-protein Peanut Butter Banana Muffins as an easy, nutritious make-ahead breakfast. Yogurt and peanut butter give them extra protein, while the bananas give them a boost of soluble fiber.

PROTEIN PEANUT BUTTER BANANA MUFFINS

Adapted from eatingwell.com

Servings: 12

Ingredients

- 1 ½ cups all-purpose flour
- 1 tsp baking powder
- 1 tsp ground cinnamon
- ¾ tsp baking soda
- ½ tsp salt
- ⅓ cup plain whole-milk Greek yogurt
- ⅓ cup creamy peanut butter
- 2 large eggs
- 1 cup mashed banana (from 2-3 ripe bananas)
- ½ cup packed light brown sugar
- ⅓ cup granulated sugar
- 1 tsp vanilla extract
- ¾ cup toasted nuts, dried fruit, or seeds

Directions

1. Preheat oven to 350°F. Line a 12-cup muffin tin with paper liners. Whisk 1½ cups flour, 1 teaspoon baking powder, 1 teaspoon cinnamon, ¾ teaspoon baking soda and ½ teaspoon salt together in a medium bowl. Set aside.
2. Whisk ⅓ cup yogurt and ⅓ cup peanut butter together in a large bowl until smooth. Add 2 large eggs, 1 cup banana, ½ cup brown sugar, ⅓ cup granulated sugar and 1 teaspoon vanilla; whisk to combine. Fold the flour mixture into the banana mixture until the flour is mostly incorporated.
3. Spoon the batter evenly into the prepared muffin cups. Sprinkle evenly with nuts or dried fruit, if using. Bake until a wooden pick inserted in the centers comes out clean, 18 to 22 minutes. Remove from oven; let cool for 5 minutes. Serve warm or let cool completely, about 30 minutes.

