ATHLETE

3 Ingredient Oat and Banana Muffin

12 servings | 20 minutes | Kelsey Harris

Ingredients

Olive Oil Spray
3 Medium Bananas
1/3 cup semi sweet chocolate chips
1 1/2 cups Quick Oats

Serving: 1 muffin

Calories: 80 kcal
Carbohydrates: 16g
Protein: 2g
Fat: 1g

Instructions

1. Preheat Oven to 400°
2. Spray muffin tin spray
3. Mash bananas
4. Stir in the oats until evenly combined
5. Fold in the chocolate chips
6. Bake for 12-14 minutes or until golden brown