



Banana Protein Muffins

Ingredients

- 2 cups quick oats (Or oat flour)
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 cup plain 0% greek yogurt
- 2 whole eggs
- 1 teaspoon vanilla extract
- ⅔ cup mini chocolate chips
- ½ cup level-1 vanilla ice cream sandwich protein powder
- 2 very large overripe bananas (around 1 cup)

Directions

1. Preheat oven to 350 and spray a silicone lined muffin tin
2. Place oats in blender or food processor until ground
3. Add remaining ingredients and blend until smooth
4. Fold in chocolate chips
5. Divide into 12 equal muffins and bake for 20-22 minutes or until toothpick comes out clean.

Makes approximately 12 servings

Macros per serving 5 fat 23 carb 9 protein



High Protein Cheeseburger Casserole

Ingredients

- ½ lb 93% lean ground beef
- ½ large onion chopped
- 2 cloves garlic minced
- ½ cup green pepper chopped
- 15 oz canned fire roasted diced tomatoes
- 2 Tablespoons Dijon mustard
- 1 tablespoon Worcestershire sauce
- 8 oz Barilla Plus Pasta (cook according to directions)
- 1.5 cups reduced fat cheddar cheese

Directions

1. Preheat oven to 375 degrees
2. In a pan on the stove brown meat with onion, garlic, green pepper and salt and pepper to taste.
3. While this is cooking, cook pasta per direction
4. Drain pasta and add to sprayed baking dish
5. Add canned diced tomatoes, worcestershire, mustard and ground beef mixture and combine and mix evenly
6. Sprinkle cheese on top and transfer to oven.
7. Cook for 20 minutes or until cheese is golden.

Makes approximately 4 servings

Per serving 13 fat 31 protein 50 carbs