



CLONAKILTY

PORRIDGE & BANANA PROTEIN MUFFINS



IRISH YOGURTS

CLONAKILTY



Porridge & Banana Protein Muffins

Ingredients

- 150g porridge oats
- 1 tsp bread soda
- 1 tsp icing sugar, or honey
- 1 egg
- 1 banana, mashed
- 350ml Irish Yogurts Clonakilty High Protein Vanilla Live Yogurt
- 2 tbsp mixed seeds, plus extra to sprinkle



CLONAKILTY

Directions

- Preheat the oven to 160°C. Grease and line a 6-hole muffin tray with parchment paper
- Place the porridge oats in a bowl, add the icing sugar, bread soda and stir to combine
- Next mash in the banana, egg. Add the Protein yogurt, and stir until well combined
- Divide the mixture into the 6 prepared muffin tray and transfer to the oven. Bake for 30-35 minutes
- Remove from the oven and place on a wire rack to cool
- Enjoy warm or at room temperature during the day, or toasted the next morning!