



Protein Bran Muffins

Serves 6

1 serving: 2 muffins (200 kcal)

Ingredients

Non-stick cooking spray

1 $\frac{2}{3}$ cup oat bran

30g vanilla protein powder

2 tsp baking powder

1 tsp cinnamon

2 very ripe bananas (mashed)

1 cup carrot (grated)

$\frac{1}{2}$ cup unsweetened applesauce (if you are having trouble finding applesauce, remember to have a look at the toddler section of your local grocery store, or puree/mash your own by using tinned apples)

$\frac{1}{2}$ cup yoghurt, plain, fat-free

2 large egg whites (or 1 egg) (whisked)

1 tsp vanilla extract

Method

1. Preheat the oven to 200 degrees Celcius. Spray a 12-cup muffin tin with nonstick cooking spray.
2. In a medium bowl whisk together the oat bran, protein powder, baking powder and cinnamon. Set this mixture aside.
3. In a large bowl, mix the mashed banana, grated carrot, applesauce, yoghurt, egg whites, and vanilla until well combined and smooth. Add your wet ingredients to your dry ingredients and mix until just combined. Let the batter sit for two minutes to thicken.
4. Divide the batter evenly into 12 muffin cups and bake for 15 minutes, or until a toothpick inserted into the centre comes out clean. Transfer the muffin tin to a wire rack to cool for 10 minutes, then remove the muffins from the tin and place them on a wire rack to cool completely. Serve warm or store in an airtight container in the fridge.

Dietitian's note: Adding protein powder to this recipe increases the protein content of the muffins and will help you feel fuller for longer. The oat bran is very high in fibre, so to make this recipe more child-friendly, substitute half of the oat bran for all-purpose white flour.

Important to note:

- It is never a good idea to bake on an empty stomach, as this may lead to overeating.
- These recipes are all high in fibre, and eating more than the serving size may lead to abdominal discomfort, especially if you are not used to high-fibre meals.