

# Banana Berry Breakfast Muffins



# BANANA BERRY BREAKFAST MUFFINS

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## *ingredients*

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3/4 cup frozen mixed berries, thawed and drained

3 very ripe bananas

1/2 teaspoon vanilla extract

1 teaspoon baking powder

1/4 teaspoon cinnamon (optional)

4 large eggs

Nonstick spray or cupcake liners

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## *directions*

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Preheat the oven to 375 degrees.

Spread berries on a paper towel to drain excess liquid. Peel and mash the bananas until there are no lumps. Add vanilla, baking powder, eggs, and cinnamon to bananas; mix to combine.

Spray muffin tin with nonstick spray, or line with cupcake liners. Add berries evenly to each muffin cup. Fill tins with the banana-egg mixture evenly, about 3/4 full.

Bake 12-14 minutes or until set (muffins should not jiggle when the pan is shaken).

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## *notes*

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Try adding 1/2 cup nuts or seeds for some extra protein!