

# BERRY EGG MUFFINS

*only 3 ingredients!*



These egg muffins are SWEET, not savory! They're clean, tasty and packing the protein! No added sweetener is necessary as long as you use super ripe bananas!



## INGREDIENTS

2 bananas, super ripe  
4 eggs (or egg whites/substitute)  
berries of choice

## PROCEDURE

- Preheat oven to 375°F (190°C).
- Mash bananas.
- Whisk in the eggs.
- Spray down your mini muffin tin. Add a few berries to each compartment.
- Pour your banana egg mixture on top.
- Bake for about 12 minutes.
- Cool slightly, remove and devour!

**NUTRITION** per mini muffin (yields 20):  
28 calories | 3g carbs | 1g fat | 1g protein



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[YouTube.com/mindovermunch](https://www.youtube.com/mindovermunch)

*Click here to watch the Kickstart series!*