

## Krusteaz Protein Banana Nut Muffin Mix

You'd have to be a nut to not love Krusteaz Banana Nut Protein Muffins. Incredibly delicious and with 12 grams of protein per serving, this muffin makes breakfast both tasty and hearty. And with the simple to follow recipe, you can be snacking in no time. Simply whisk eggs, water, and oil into the mix. Fill your muffin cups about two thirds full and bake for roughly 15 minutes.



Shelf Life	Storage Temp Min	Storage Temp Max
365 days	32°F	95°F

### Ingredients

Whole wheat flour, sugar, nonfat milk, whole grain oat flour, walnuts, wheat protein isolate, egg whites, ground flaxseed, whey protein isolate (milk protein), dextrose, soybean oil, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), arabic gum, natural flavor, dried bananas, xanthan gum, salt, honey powder.

### Preparation and Cooking

1. HEAT OVEN TO 400F. Line muffin pan with paper baking cups.
2. STIR together water, oil, eggs and muffin mix until blended. Do not over-mix. Fill muffin cups 2/3 full.
3. BAKE as directed below or until golden brown. Cool 5 minutes; gently loosen and remove from pan. Store cooled muffins in tightly covered container.

## Nutrition Facts

6 servings per Container

**Serving Size**

**1/2 Cup Mix**

Amount per serving

**Calories 250**

% Daily Value\*

**Total Fat 0g** 0%

Saturated Fat 1g 3%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 230mg** 10%

**Total Carbohydrate 43g** 16%

Dietary Fiber 3g 11%

Total Sugars 25g

Includes 21g Added Sugars 42%

**Protein 10g**

Vitamin D 1mcg 2%

Calcium 120mg 10%

Iron 1mg 8%

Potassium 270mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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### Allergens

