



12

SERVES/MAKES



COOKING TIME:  
< 30 min



COOKING STYLE:  
Oven

## LANCEWOOD® GLUTEN-FREE PEANUT BUTTER MUFFINS

### INGREDIENTS:

- 250 ml banana, mashed
- 185 ml peanut butter
- 60 g **LANCEWOOD® Low Fat Smooth Plain Cottage Cheese**
- 2 eggs
- 10 ml vanilla essence
- 60 ml honey
- 250 ml gluten-free oat flour
- 5 ml baking powder
- 5 ml ground cinnamon
- 80 ml choc chips

### METHOD:

Preheat the oven to 180°C. Using a mixing bowl, add the banana, peanut butter, cottage cheese, eggs, vanilla essence and honey together and mix until well combined. Add the gluten-free oat flour, baking powder, cinnamon and choc chips and mix until just combined. Fill a prepared muffin pan with the batter and bake for 20 – 25 minutes.

### PRODUCTS USED:



Low Fat Smooth Cottage  
Cheese

**ENJOY!**