



Pre-Game Power Packed Muffins

Ingredients:

1 1/4 Cup Pamela's Gluten Free Pancake Mix

1 Egg

1/3 Cup Water

1 TSP Vanilla Extract

1/3 Cup Honey

1 Spoonful of Flaxseed (or Super Green Food)

1 Heaping TBS of Coconut Oil

1 Mashed Banana

Dark Semi-Sweet Chocolate Chips

Mix all ingredients

Bake In Greased Muffin Tray

For 15-20 Minutes Depending On Size.