



# **Pre-Game Power Packed Muffins**

## **Ingredients:**

**3/4 Cup Pamela's Gluten Free Pancake Mix**

**1 Egg**

**1/3 Cup Water**

**1 TSP Vanilla Extract**

**1/3 Cup Honey**

**1 Spoonful of Green Super Food or Flaxseed**

**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.**