PROTEIN BANANA BREAD

Ingredients:

- 1/3 cup coconut oil, melted
- 1 cup gluten-free all-purpose flour
- 1 cup almond flour
- ½ cup your favorite protein powder (I used vegan vanilla)
- 2 tsp baking powder
- 1 tsp ground cinnamon
- ½ tsp each sea salt and baking soda
- ¼ tsp ground nutmeg
- 3 bananas, mashed (about 1½ cups)
- ½ cup coconut sugar
- 3 large organic eggs, room temperature
- ½ cup whole-milk Greek yogurt
- 1 tsp vanilla extract



Directions:

1. Preheat oven to 375°F. Grease a 9 x 5-inch loaf pan with spray or line with parchment paper
2. In a large bowl, whisk together all-purpose and almond flours, protein powder, baking powder, cinnamon, salt, baking soda and nutmeg.
3. In a separate large bowl, whisk together bananas, oil, coconut sugar, eggs, yogurt, and vanilla until smooth. Pour banana mixture into flour mixture. Stir well until dry ingredients are incorporated. Transfer to prepared pan.
4. Bake for 50 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Let cool in pan for 10 minutes then transfer loaf to a wire rack to cool completely. Cut into 10 slices. Store in an airtight container at room temperature for up to 3 days or freeze for longer storage. Makes 10 servings.

NUTRITION PER SERVING:

Calories 309, Carbs 33g, Fiber 4g, Sugar 18g, Cholesterol 57mg, Protein 11g, Sat Fat 11g, Sodium 236mg

Reference: https://www.cleaneatingmag.com

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