



HighProtein Banana Bread

Jacob · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

1 hr

Description

This high0protein banana bread made with chocolate protein powder and oat flour is perfect for a quick breakfast or afternoon snack

Ingredients

- - 1 serving nonstick cooking spray - 1 ¼ cups oat flour - ½ cup white sugar - ½ cup chopped walnuts - 2 scoops chocolate protein powder (such as Premier Protein®) - 3 teaspoons ground cinnamon - 1 ½ teaspoons baking powder - ½ teaspoon baking soda - 3 overripe bananas
- mashed - ½ cup unsweetened applesauce - ¼ cup milk - 2 large egg whites - 3 teaspoons pure vanilla extract

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Spray a 9x5-inch loaf pan with cooking spray. Mix together oat flour
2. sugar
3. walnuts
4. protein powder
5. cinnamon
6. baking powder
7. and baking soda in a medium bowl. Mix together mashed bananas
8. applesauce
9. milk
10. egg whites
11. and vanilla extract in a large bowl. Slowly add flour mixture to banana mixture; stirring until just combined. Transfer batter into the prepared loaf pan. Bake in the preheated oven until top of bread springs back when lightly pressed and a toothpick inserted into the center comes out clean
12. 35 to 40 minutes. Cool in the pan for 10 minutes. Transfer to a wire rack to cool completely. Cook's Notes: You can use 1/4 cup honey in place of the 1/2 cup granulated sugar if you like. Soy milk or almond milk can be substituted for regular milk.