

# Angie Bloom

## CARROT CAKE HIGH PROTEIN BANANA BREAD

(HEALTHY, EASY, HIGH PROTEIN)

### Ingredients

- 3 medium ripe bananas
- 1/3 cup applesauce (low fat version) or you can use 1/3 cup coconut oil
- 3T maple syrup (optional) I find the bananas are sweet enough!
- 2 scoops vanilla protein powder (optional)
- 2 eggs / sub flax eggs for vegan!
- 1 cup shredded carrots
- 1 tsp vanilla extract
- 1.5 tsp cinnamon
- 1/4 tsp salt
- 1 tsp baking soda
- 1 1/2 cups quinoa flour (or any oat flour will work too)

### **Directions:**

1. Preheat oven to 325 degrees. Grease + line loaf pan and set aside.
2. Shred carrots in a food processor.
3. In a large bowl, mash bananas, add all wet ingredients, including carrots and whisk to combine.
4. Fold in dry ingredients until well incorporated.
5. Pour batter into prepared loaf pan and bake 50-60 minutes or until toothpick inserted in center comes out clean.
6. Allow to cool before slicing and enjoy! I HIGHLY recommend eating with a slather or grass-fed butter, cream cheese, or a sprinkle of chocolate or white chocolate chips!

Serves 11.

**Nutrition:** Calories 139 Fat 2.4g, Carbs 21.7g, Protein 7.9g, Sugar 7.7g

