

Angie Bloom

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 tsp vanilla extract
- 1 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. In a large bowl, mash bananas, add all wet ingredients and whisk to combine.
3. Fold in dry ingredients until well incorporated.
4. Pour batter into prepared loaf pan and bake 50-60 minutes or until toothpick inserted in center comes out clean.
5. Allow to cool before slicing and enjoy! I HIGHLY recommend eating with a slather or grass-fed butter, peanut butter or a sprinkle of chocolate chips!

Serves 11.

Nutrition: Calories 126 Fat 2g, Carbs 19g, Protein 7.5g, Sugar 5.2g