



High-Protein Banana Bread

Ingredients

- Three ripe bananas, mashed
- Half a cup of Greek yogurt (plain, unsweetened is great)
- One scoop of vanilla or unflavored protein powder (about 20 grams)
- Two cups of flour (you can do a mix of all-purpose and maybe a bit of whole wheat if you like)
- One teaspoon of baking soda
- A pinch of salt
- About half a cup of brown sugar or a sweetener of your choice
- One teaspoon of vanilla extract
- And two eggs

Directions

1. Preheat your oven to 350°F (175°C) and grease a loaf pan.
2. In a mixing bowl, mash the ripe bananas until smooth. This will serve as the base for your batter and enhance the natural sweetness of the bread.
3. Add the eggs, Greek yogurt, honey (or maple syrup), and vanilla extract to the mashed bananas. Mix well until all ingredients are combined.
4. In a separate bowl, whisk together the whole wheat flour, protein powder, baking soda, salt, and cinnamon.
5. Gradually add the dry ingredients to the wet mixture, stirring gently to combine. Be careful not to overmix; a few lumps are perfectly okay.
6. If you're adding walnuts or dark chocolate chips, fold them into the batter at this point.
7. Pour the batter into the prepared loaf pan and smooth the top with a spatula.
8. Bake in the preheated oven for 50-60 minutes, or until a toothpick inserted into the center comes out clean.
9. Once baked, let the bread cool in the pan for about 10 minutes before transferring it onto a wire rack to cool completely

