Easy High Protein Banana Bread (13g per slice!)

Ingredients

- ▢ 1.5 cups mashed overripe bananas
- ▢ 1 cup Fage greek yogurt
- ▢ 1/4 cup Unsweetened applesauce
- ▢ 2 Tbsp. honey
- ▢ 2 large eggs
- ▢ 1 tsp. pure vanilla extract
- ▢ 1 cup whole wheat flour
- ▢ 1 cup Clean Simple Protein Vanilla flavor
- ▢ 1.5 tsp. baking powder
- ▢ 1/2 tsp. baking soda
- ▢ 1/4 tsp. salt
- ▢ 1 tsp. ground cinnamon
- ▢ 4 tbsp Nestle chocolate chips

Instructions

Preheat your oven to 350 degrees fahrenheit and prepare a loaf pan with non-stick cooking spray or line it with parchment paper.

1. In a large mixing bowl, combine the mashed bananas, Greek yogurt, applesauce, honey (or sugar substitute), eggs, and vanilla extract.
2. In a separate bowl, combine the whole wheat flour, protein powder, baking powder, baking soda, salt, and cinnamon.
3. Gradually add the dry ingredients to the wet ingredients, stirring until just combined. Be careful not to overmix as it can result in a dense bread. If using, fold in the chopped walnuts or dark chocolate chips.
4. Pour the batter into the prepared loaf pan, smoothing the top with a spatula.
5. Bake for 55-60 minutes (more if needed), or until a toothpick inserted into the center comes out clean or with a few moist crumbs. If the top is browning too quickly, you can cover the bread with a piece of aluminum foil halfway through. (I covered after 55 min., browns fast)
6. Allow the banana bread to cool in the pan for about 10 minutes before transferring it to a wire rack to cool completely.

Notes

- Store leftover protein banana bread in an airtight container at room temperature for up to 3 days, or refrigerate for up to a week.
- Slice into 10 equal slices at approximately 75 grams per slice.
- Nutrition Facts below are from MyFitnessPal https://www.myfitnesspal.com/

Nutrition Facts	
Servings 10.0	
Amount Per Serving	
calories 233	
	% Daily Value *
Total Fat 7 g	**10 %**
Saturated Fat 2 g	**12 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 203 mg	**68 %**
Sodium 284 mg	**12 %**
Potassium 283 mg	**8 %**
Total Carbohydrate 27 g	**9 %**
Dietary Fiber 2 g	**9 %**
Sugars 12 g	
Protein 17 g	**33 %**
Vitamin A	**0 %**
Vitamin C	**7 %**
Calcium	**15 %**
Iron	**7 %**
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

https://ohsnapmacros.com/protein-banana-bread/#recipe

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