

Protein Banana Bread

Web Recipe · Dessert · GF

195 cal · 10g protein · 28g carbs · 6g fat · 10 servings

Ingredients

- 3 large ripe bananas mashed
- 1.5 cups oat flour
- 1 scoop vegan vanilla protein powder
- 1/4 cup almond butter
- 3 tbsp maple syrup
- 1/4 cup unsweetened almond milk
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp cinnamon
- 1/4 cup chopped walnuts
- 2 tbsp hemp seeds

Instructions

1. Preheat oven to 350°F (175°C). Grease a 9x5 loaf pan or line with parchment paper.
2. Mash the bananas in a large bowl. Stir in almond butter, maple syrup, almond milk, and vanilla extract.
3. In a separate bowl, combine oat flour, protein powder, baking powder, baking soda, cinnamon, and salt.
4. Fold dry ingredients into wet until just combined. Don't overmix.
5. Stir in hemp seeds and chopped walnuts.
6. Pour into the prepared loaf pan.
7. Bake 40-50 minutes until a toothpick inserted in the center comes out clean.
8. Cool in the pan 15 minutes, then transfer to a wire rack. Slice into 10 pieces.

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