



SWEET BREAD PACK

Indulge your sweet tooth with these delicious protein-packed sweet breads.

2 Macro-Verified Recipes

ProteinBread | protein-bread.com

WHAT'S INSIDE

1. Cinnamon Swirl Protein Bread

20g protein

2. Lemon Blueberry Protein Bread

20g protein

Combined Shopping List

Pro Tips

Cinnamon Swirl Protein Bread

20g

Prep: 20 min

Cook: 30 min

Total: 50 min

Yield: 12 slices

Difficulty: Medium

200

CALORIES

20g

PROTEIN

18g

CARBS

8g

FAT

INGREDIENTS

120g vanilla whey protein powder

100g oat flour

3 large eggs

120ml milk

60g sweetener (e.g., erythritol)

1 tsp baking powder

For the swirl: 2 tbsp cinnamon, 2
tbsp sweetener

INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C). Grease a loaf pan.
- 2 In a large bowl, mix together the protein powder, oat flour, eggs, milk, sweetener, and baking powder.
- 3 In a small bowl, mix the cinnamon and sweetener for the swirl.
- 4 Pour half of the batter into the loaf pan. Sprinkle the cinnamon mixture over the top. Pour the remaining batter over the cinnamon layer. Use a knife to gently swirl the layers.
- 5 Bake for 25-30 minutes, until a toothpick comes out clean.
- 6 Let the bread cool before slicing.

Lemon Blueberry Protein Bread

20g

Prep: 15 min

Cook: 30 min

Total: 45 min

Yield: 12 slices

Difficulty: Easy

190

CALORIES

20g

PROTEIN

18g

CARBS

7g

FAT

INGREDIENTS

120g vanilla whey protein powder

100g oat flour

100g fresh or frozen blueberries

3 large eggs

120ml milk

60g sweetener

1 lemon, zested and juiced

1 tsp baking powder

INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C). Grease a loaf pan.
- 2 In a large bowl, mix together the protein powder, oat flour, eggs, milk, sweetener, lemon zest, and lemon juice.
- 3 Gently fold in the blueberries.
- 4 Pour the batter into the loaf pan and bake for 25-30 minutes.
- 5 Let the bread cool before slicing.
- 6 A sweet and zesty protein treat.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 120g vanilla whey protein powder
- ☐ 100g oat flour
- ☐ 1 tsp baking powder

DAIRY & EGGS

- ☐ 3 large eggs
- ☐ 120ml milk

PRODUCE

- ☐ 1 lemon, zested and juiced

OTHER

- ☐ 60g sweetener (e.g., erythritol)
- ☐ For the swirl: 2 tbsp cinnamon, 2 tbsp sweetener
- ☐ 100g fresh or frozen blueberries
- ☐ 60g sweetener

PRO TIPS

Measure by Weight

For accurate macros, always use a kitchen scale. Volume measurements (cups, tablespoons) can vary significantly.

Protein Powder Tips

Different protein powders absorb liquid differently. If your batter is too thick, add liquid 1 tablespoon at a time. If too thin, add a bit more flour.

Storage

Store at room temperature for 2-3 days, refrigerate for up to 1 week, or freeze for up to 3 months. Thaw overnight in the fridge.

Meal Prep

Make a double batch on Sunday for the week ahead. Portion into containers for grab-and-go convenience.

Substitutions

Visit protein-bread.com for our interactive ingredient substitution tool that automatically recalculates macros when you swap ingredients.

Want More Recipes?

Visit us for more macro-verified breads recipes, interactive ingredient substitutions, and more free recipe packs.

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