



BANANA BREAD PACK

A collection of our best protein-packed banana bread recipes.

5 Macro-Verified Recipes

ProteinBread | protein-bread.com

WHAT'S INSIDE

1. Classic Protein Banana Bread

25g protein

2. High Protein Banana Bread Recipe

28g protein

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22g protein

4. Banana Bread with Protein Powder

26g protein

5. Healthy Protein Banana Bread

22g protein

Combined Shopping List

Pro Tips

Classic Protein Banana Bread

25g

Prep: 15 min

Cook: 30 min

Total: 45 min

Yield: 10 slices

Difficulty: Easy

220

CALORIES

25g

PROTEIN

20g

CARBS

8g

FAT

INGREDIENTS

200g ripe bananas

100g whey protein powder (vanilla or unflavored)

80g oat flour

50g almond flour

2 large eggs

60g plain Greek yogurt

30g honey or maple syrup

1 tsp baking powder

1/2 tsp baking soda

1/2 tsp cinnamon

INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C) and grease a 9×5 inch loaf pan.
- 2 In a large bowl, mash the ripe bananas. Whisk in the eggs, Greek yogurt, and honey until well combined.
- 3 In a separate bowl, mix together the whey protein powder, oat flour, almond flour, baking powder, baking soda, and cinnamon.
- 4 Pour the dry ingredients into the wet ingredients and stir until just combined. Do not overmix.
- 5 Pour the batter into the prepared loaf pan and bake for 25-30 minutes, or until a toothpick inserted into the center comes out clean.
- 6 Let the bread cool in the pan for 10 minutes before transferring it to a wire rack to cool completely.

High Protein Banana Bread Recipe

28g

Prep: 15 min

Cook: 35 min

Total: 50 min

Yield: 10 slices

Difficulty: Easy

240

CALORIES

28g

PROTEIN

22g

CARBS

9g

FAT

INGREDIENTS

220g ripe bananas

120g casein protein powder
(chocolate)

70g coconut flour

3 large egg whites

80g unsweetened applesauce

40g stevia or other sweetener

1 tsp vanilla extract

1 tsp baking soda

1/2 tsp salt

INSTRUCTIONS

- 1 Preheat your oven to 325°F (165°C). Lightly grease and flour a loaf pan.
- 2 In a blender, combine mashed bananas, egg whites, applesauce, and vanilla extract. Blend until smooth.
- 3 In a large bowl, whisk together casein protein powder, coconut flour, sweetener, baking soda, and salt.
- 4 Pour the wet ingredients into the dry ingredients and mix until a thick batter forms.
- 5 Spread the batter evenly in the prepared pan. Bake for 30-35 minutes, or until the top is golden brown and a toothpick comes out clean.
- 6 Allow the bread to cool for at least 20 minutes before slicing and serving.

Simple Protein Banana Bread Recipe

22g

Prep: 10 min

Cook: 25 min

Total: 35 min

Yield: 12 slices

Difficulty: Easy

200

CALORIES

22g

PROTEIN

18g

CARBS

7g

FAT

INGREDIENTS

180g ripe bananas

90g vanilla whey protein

100g all-purpose flour

1 large egg

50ml milk

40g brown sugar

1.5 tsp baking powder

0.5 tsp cinnamon

INSTRUCTIONS

- 1 Preheat oven to 180°C (350°F). Grease a loaf pan.
- 2 In a bowl, mash the bananas with a fork.
- 3 Add the egg, milk, and brown sugar to the bananas and mix well. In a separate bowl, combine the flour, protein powder, baking powder, and cinnamon. Add the dry ingredients to the wet and stir until just combined.
- 4 Pour the batter into the loaf pan.
- 5 Bake for 20-25 minutes, or until a skewer inserted into the center comes out clean.
- 6 Let it cool before slicing.

Banana Bread with Protein Powder

26g

Prep: 15 min

Cook: 30 min

Total: 45 min

Yield: 10 slices

Difficulty: Easy

230

CALORIES

26g

PROTEIN

21g

CARBS

8g

FAT

INGREDIENTS

210g ripe bananas

110g plant-based protein powder
(vanilla)

90g whole wheat flour

2 large eggs

70g maple syrup

60ml almond milk

1 tsp baking powder

1/2 tsp nutmeg

INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C). Grease and flour a 9×5-inch loaf pan.
- 2 In a large bowl, mash the ripe bananas. Stir in the eggs, maple syrup, and almond milk.
- 3 In another bowl, whisk together the protein powder, whole wheat flour, baking powder, and nutmeg.
- 4 Add the dry ingredients to the wet ingredients and stir until just moistened. Do not overmix.
- 5 Pour the batter into the prepared loaf pan. Bake for 25-30 minutes, or until a wooden pick inserted into the center comes out clean.
- 6 Cool in the pan for 10 minutes before removing to a wire rack to cool completely.

Healthy Protein Banana Bread

22g

Prep: 15 min

Cook: 30 min

Total: 45 min

Yield: 12 slices

Difficulty: Easy

200

CALORIES

22g

PROTEIN

20g

CARBS

7g

FAT

INGREDIENTS

200g ripe bananas

100g vanilla whey protein powder

80g oat flour

2 large eggs

60g unsweetened applesauce

30g honey

1 tsp baking powder

1/2 tsp cinnamon

INSTRUCTIONS

- 1 Preheat your oven to 350°F (175°C) and grease a loaf pan.
- 2 In a large bowl, mash the bananas. Whisk in the eggs, applesauce, and honey.
- 3 In a separate bowl, mix together the protein powder, oat flour, baking powder, and cinnamon.
- 4 Pour the dry ingredients into the wet ingredients and stir until just combined.
- 5 Pour the batter into the prepared loaf pan and bake for 25-30 minutes.
- 6 Let the bread cool before slicing.

COMBINED SHOPPING LIST

DRY INGREDIENTS

- ☐ 100g whey protein powder (vanilla or unflavored)
- ☐ 80g oat flour
- ☐ 50g almond flour
- ☐ 1 tsp baking powder
- ☐ 1/2 tsp baking soda
- ☐ 120g casein protein powder (chocolate)
- ☐ 70g coconut flour
- ☐ 1 tsp baking soda
- ☐ 90g vanilla whey protein
- ☐ 100g all-purpose flour
- ☐ 1.5 tsp baking powder
- ☐ 110g plant-based protein powder (vanilla)
- ☐ 90g whole wheat flour
- ☐ 100g vanilla whey protein powder

DAIRY & EGGS

- ☐ 2 large eggs
- ☐ 60g plain Greek yogurt
- ☐ 3 large egg whites
- ☐ 1 large egg
- ☐ 50ml milk
- ☐ 60ml almond milk

PRODUCE

- ☐ 200g ripe bananas

- ☐ 220g ripe bananas
- ☐ 80g unsweetened applesauce
- ☐ 180g ripe bananas
- ☐ 210g ripe bananas
- ☐ 60g unsweetened applesauce

SWEETENERS & FLAVORINGS

- ☐ 30g honey or maple syrup
- ☐ 1 tsp vanilla extract
- ☐ 40g brown sugar
- ☐ 70g maple syrup
- ☐ 30g honey

OTHER

- ☐ 1/2 tsp cinnamon
- ☐ 40g stevia or other sweetener
- ☐ 1/2 tsp salt
- ☐ 0.5 tsp cinnamon
- ☐ 1/2 tsp nutmeg

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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