

Long Livo

Protein Banana Bread – Easy High-Protein Snack

15 min Prep time	**35 min** Cook time	**50 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 ½ cups almond flour
- [ ] ½ cup vanilla whey protein powder
- [ ] 3 ripe bananas, mashed
- [ ] 2 large eggs
- [ ] ¼ cup honey
- [ ] ¼ cup melted coconut oil
- [ ] 1 tsp baking soda
- [ ] ½ tsp salt
- [ ] 1 tsp ground cinnamon
- [ ] Zest of ½ lemon
- [ ] ½ cup chopped walnuts (optional)

Optional Topping

- [ ] 2 tbsp sliced almonds
- [ ] A drizzle of honey

Instructions

1. Preheat the oven to 350°F (175°C). Grease a 9×5-inch loaf pan or line with parchment.
2. In a bowl, whisk together almond flour, whey protein, baking soda, salt, cinnamon, and lemon zest; set aside.
3. In another bowl, mash the bananas, then stir in honey, melted coconut oil, and eggs until smooth.
4. Fold the wet mixture into the dry ingredients gently; add walnuts if using and a pinch of protein pancake bowls flavor.
5. Pour batter into the prepared pan, sprinkle sliced almonds on top, and bake for 30-35 minutes, or until a toothpick comes out clean.
6. Allow the loaf to rest 10 minutes in the pan, then transfer to a wire rack; serve warm or at room temperature.

Nutrition per serving

210 kcal	12 g	18 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter looks too thick, add a splash of almond milk.
- For extra sweetness, swirl a little honey over the top before baking.
- A quick bite with a cup of coffee makes a balanced mini-breakfast.