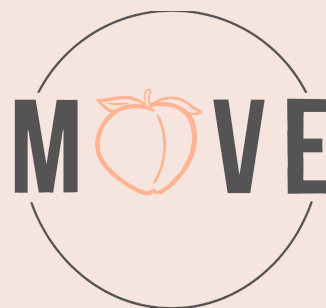




# PROTEIN BANANA BREAD



**(Per Serving)**

**Calories 147**

**Carbs 20g / Protein 9g / Fat 8g**

## HOW TO MAKE

### INGREDIENTS

2 medium bananas, mashed  
2 scoops of whey protein  
170g whole wheat flour  
2 tsp baking powder  
2 egg whites  
10g splenda or sweetener of choice (syrup/honey etc)  
1 tsp cinnamon  
150ml water  
Pinch of salt

### PREP TIME

Serves 8

Prep Time 20 mins

Cook Time 45-50 mins

- 01** Preheat your oven to 180C and grease a bread tin..
- 02** Sieve the whey protein, flour, baking powder, splenda, pinch of salt and cinnamon into a large bowl.
- 03** In a separate bowl, mix the egg whites, water and mashed banana then pour them into the larger bowl with the dry ingredients.
- 04** Mix well and add your chopped almonds just before you pour the mixture into the greased bread tin.
- 05** Bake for 45 – 50 min then, using a toothpick, test the centre, if the toothpick comes out clean, your loaf is ready.