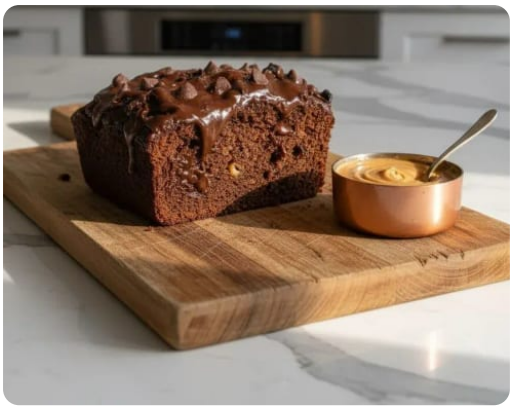


Zucchini Bread Recipes

High Protein Chocolate Banana Bread

15 min Prep time	**30 min** Cook time	**45 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups almond flour
- [ ] 1 cup whey protein powder (chocolate or vanilla)
- [ ] 3 ripe bananas, mashed
- [ ] ¼ cup unsweetened cocoa powder
- [ ] ¼ cup maple syrup
- [ ] 2 large eggs
- [ ] ¼ cup melted coconut oil
- [ ] 1 tsp vanilla extract
- [ ] ½ tsp baking soda
- [ ] ¼ tsp sea salt
- [ ] ½ cup chopped walnuts

Instructions

1. Preheat the oven to 350°F (175°C) and line a 9×5-inch loaf pan with parchment.
2. In a large bowl whisk together almond flour, whey protein, cocoa powder, baking soda, and sea salt; set aside.
3. In another bowl, mash the bananas, then stir in eggs, coconut oil, maple syrup, vanilla, and lemon zest. chocolate banana bread.
4. Combine wet and dry mixtures, folding gently. Fold in walnuts and let the batter rest for 5 minutes.
5. Pour batter into the pan, drizzle a little extra maple syrup on top, and bake for 30-35 minutes until a toothpick comes out clean.
6. Cool in the pan 10 minutes, then turn onto a wire rack. Slice and enjoy warm or at room temperature.

Nutrition per serving

280 kcal	14 g	22 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra moisture, you can add a tablespoon of Greek yogurt to the wet ingredients.
- If you prefer a sweeter loaf, increase maple syrup by 1-2 tbsp.
- A pinch of espresso powder intensifies the chocolate flavor without adding bitterness.