

Zucchini Bread Recipes

Protein Banana Bread – Easy Healthy Recipe

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

Ingredients

Main Ingredients

- [ ] 3 ripe bananas, mashed
- [ ] 1/2 cup Greek yogurt
- [ ] 1/4 cup honey
- [ ] 2 large eggs
- [ ] 1 cup whole wheat flour
- [ ] 1/2 cup vanilla protein powder

Flavor Additions

- [ ] 1 tsp cinnamon
- [ ] 1/2 tsp ground nutmeg
- [ ] 1/4 tsp salt
- [ ] 1/4 cup chopped walnuts (optional)
- [ ] 1 tbsp melted coconut oil

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, mash the bananas until smooth, then stir in Greek yogurt, honey, melted coconut oil, and eggs until fully combined.
3. In a separate bowl, whisk together whole wheat flour, protein powder, cinnamon, nutmeg, and salt.
4. Gently fold the dry mixture into the wet batter, being careful not to overmix; the batter will be slightly thick.
5. Pour the batter into the prepared pan, sprinkle chopped walnuts on top, and bake for 30-35 minutes, or until a toothpick inserted comes out with a few moist crumbs.

Nutrition per serving

210 kcal	10 g	28 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter seems too dense, add a splash of almond milk to loosen it.
- You can replace the walnuts with pumpkin seeds for a seasonal twist.
- For extra chocolatey notes, fold in 1/4 cup dark chocolate chips.