

PROTEIN MINI MAPLE SPICE BANANA BREAD



INGREDIENTS:

Dry Ingredients:

- 1 scoop Breakfast in Bed Glam Pro Whey Isolate
- 1/4 cup Almond Flour
- 1 tbsp. Coconut Sugar or Swerve 'Brown Sugar'
- 1/2 tsp. Cinnamon
- 1 tsp. Nutmeg, All Spice, or Pumpkin Pie Spice
- 1/4 tsp Baking Soda
- 1/4 tsp Baking Powder
- Dash Salt

Wet Ingredients:

- 1 serving Egg replacement or 1 Egg
- 2 tsp. Liquid Coconut Oil, Ghee, or MCT Oil
- 2 tbsp. Sugar Free Pancake Syrup
- 1/2 tsp. Vanilla Extract
- 1/2 Over-ripe Medium Banana, mashed

DIRECTIONS:

1. Preheat oven to 350°F.
 2. If using egg replacement, prepare 1 serving in a large bowl and set aside.
 3. In a medium bowl, mix all dry ingredients together.
 4. Add all wet ingredients to the large bowl with the egg or egg replacement and mix well.
 5. Add dry ingredients into the wet and mix well until a smooth batter forms.
 6. Lightly grease a Mini Loaf Tin pan with Coconut Oil Spray.
 7. Pour batter into loaf pan.
 8. Bake for 20-25 minutes.
 9. Let cool for at least 10 minutes.
- Enjoy!

Makes 1 Mini Loaf. 1 serving = 1 loaf
Calories 390 | Protein: 20 gm | Carbs: 35 gm | Fats: 19 gm