

High Protein Banana Bread Recipe

A moist, protein-packed banana bread that's quick to make and perfect for breakfast or a snack.

15 min Prep time	30 min Cook time	45 min Total time	4 Servings	Easy Difficulty	American Cuisine
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Ingredients

Main Ingredients

- ☐ 3 ripe bananas, mashed
- ☐ 1/2 cup honey
- ☐ 1/4 cup melted butter
- ☐ 2 large eggs
- ☐ 1 cup oat flour
- ☐ 1/2 cup whey protein powder (vanilla or unflavored)
- ☐ 1 tsp baking soda
- ☐ 1/2 tsp salt
- ☐ 1 tsp cinnamon
- ☐ 1 tbsp lemon zest
- ☐ 1/4 cup chopped walnuts (optional)

Instructions

- 1 Preheat the oven to 350°F (175°C) and grease a 9×5-inch loaf pan.
- 2 In a large bowl, mash the bananas, then stir in honey, melted butter, and eggs until smooth.
- 3 In another bowl, whisk together oat flour, protein powder, baking soda, salt, cinnamon, and lemon zest.
- 4 Fold the dry mixture into the wet ingredients gently; stop when just combined.
- 5 Stir in walnuts if using, pour batter into the pan, and bake for 30-35 minutes until a toothpick comes out with moist crumbs.

Nutrition per serving

260 kcal Calories	12 g Protein	35 g Carbs	9 g Fat
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Tips & notes

- If the batter seems too thick, add a splash of almond milk.
- For extra sweetness, drizzle a thin layer of honey over the loaf while still warm.
- You can replace walnuts with chopped almonds or omit nuts entirely.