



Long Livo

High Protein Chocolate Banana Bread

15 min

Prep time

12

Servings

30 min

Cook time

Easy

Difficulty

45 min

Total time

American

Cuisine

Ingredients

Dry Ingredients

- ☐ 1 1/2 cups almond flour
- ☐ 1/2 cup whey protein powder (chocolate or unflavored)
- ☐ 1/3 cup cocoa powder
- ☐ 1 tsp baking soda
- ☐ 1/2 tsp sea salt

Wet Ingredients

- ☐ 3 ripe bananas, mashed

- ☐ 2 large eggs
- ☐ 1/2 cup Greek yogurt
- ☐ 1/4 cup honey
- ☐ 1 tsp vanilla extract
- ☐ 1 tbsp melted coconut oil

Add-ins

- ☐ 1/2 cup dark chocolate chips
- ☐ 1 tsp lemon zest

Instructions

- 1 Preheat oven to 350°F (175°C). Line a 9×5-inch loaf pan with parchment or lightly grease.
- 2 In a bowl, whisk together almond flour, protein powder, cocoa, baking soda, and sea salt; set aside.
- 3 In a separate bowl, mash the bananas, then whisk in eggs, Greek yogurt, honey, vanilla, and melted coconut oil until smooth.
- 4 Combine wet and dry mixtures, stirring just until no dry streaks remain. Fold in chocolate chips and lemon zest gently.
- 5 Pour batter into the prepared pan, smoothing the top. Bake for 30-35 minutes, or until a toothpick inserted in the center comes out with a few moist crumbs.
- 6 Allow the loaf to cool in the pan for 10 minutes, then transfer to a wire rack to finish cooling before slicing.

Nutrition per serving

260 kcal

Calories

15 g

Protein

28 g

Carbs

12 g

Fat

Tips & notes

- If the batter seems too thick, add a splash of almond milk.
- For extra sweetness, drizzle a thin layer of honey while the loaf is still warm.
- Protein powder can vary; adjust by adding a bit more flour if the batter becomes too wet.