



Long Livo

High Protein No Sugar Monkey Bread

15 min

Prep time

8

Servings

25 min

Cook time

Easy

Difficulty

40 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 1 cup plain Greek yogurt
- ☐ 1/2 cup whey protein powder (vanilla)
- ☐ 2 large ripe bananas, mashed
- ☐ 1 1/2 cups whole wheat flour
- ☐ 1 tsp baking powder
- ☐ 1/2 tsp baking soda
- ☐ 1/4 tsp salt
- ☐ 1 tsp lemon zest
- ☐ 2 tbsp melted butter
- ☐ 1 tsp cinnamon
- ☐ 1 tbsp stevia or monk fruit blend

Instructions

- 1 Preheat the oven to 350°F (175°C) and grease a 9-inch bundt pan with a little butter.
- 2 In a large bowl, combine the mashed bananas, Greek yogurt, and whey protein; stir until smooth.
- 3 In a separate bowl whisk together flour, baking powder, baking soda, and salt; then fold into the wet mixture gently.
- 4 Mix melted butter, cinnamon, and stevia; roll the dough into small balls and coat each ball in the cinnamon-sweet mixture.
- 5 Arrange the coated balls in the prepared pan, drizzle any remaining butter mixture on top, and bake for 22-25 minutes until golden.
- 6 Allow the bread to cool 5 minutes, then invert onto a serving plate; pull apart and enjoy warm.

Nutrition per serving

210 kcal

Calories

16 g

Protein

24 g

Carbs

6 g

Fat

Tips & notes

- If the batter feels too sticky, add a tablespoon of flour at a time.
- For extra crunch, sprinkle a handful of toasted oats on top before baking.
- You can replace butter with coconut oil for a dairy-free version.