



Long Livo

Protein Banana Bread – Healthy Snack Recipe

15 min

Prep time

8

Servings

30 min

Cook time

Easy

Difficulty

45 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 3 ripe bananas, mashed
- ☐ 1 cup oat flour
- ☐ 1/2 cup whey protein powder
- ☐ 1/3 cup honey
- ☐ 1/2 cup Greek yogurt
- ☐ 1/4 cup melted coconut oil

- ☐ 2 eggs
- ☐ 1 tsp vanilla extract
- ☐ 1 tsp baking soda
- ☐ 1/2 tsp salt
- ☐ 1 tsp cinnamon

Optional Add-Ins

- ☐ 1/4 cup chopped walnuts
- ☐ 1/4 cup dark chocolate chips

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 honey, melted coconut oil, eggs, Greek yogurt, and vanilla.
- 3 In a separate bowl, whisk oat flour, whey protein, baking soda, salt, and cinnamon together.
- 4 Gently fold the dry mixture into the wet, mixing just until combined. If using, fold in walnuts or chocolate chips.
- 5 Pour batter into the prepared pan, smooth the top, and bake for 30-35 minutes, or until a toothpick comes out clean.
- 6 Allow the bread to cool in the pan for 10 minutes, then transfer to a wire rack. Slice and enjoy.

Nutrition per serving

210 kcal

Calories

12 g

Protein

28 g

Carbs

8 g

Fat

Tips & notes

- If you prefer a less sweet loaf, reduce honey to 2 tbsp.
- For extra moisture, add a tablespoon of unsweetened applesauce.
- Swap coconut oil for melted butter for a richer flavor.