



Protein Banana Bread

Description

Ingredients

- 2 large ripe bananas
- 4 eggs
- 1 cup low fat cottage cheese
- 2 tsp vanilla extract
- 1 and 1/2 cups all purpose flour
- 1/2 cup granulated sugar
- 1 tsp baking powder
- 1 tsp baking soda

Instructions

- Preheat oven to 350F. Line or grease a loaf pan.
- Blend bananas, eggs, cottage cheese, and vanilla extract in a high speed blender or with an immersion blender until smooth – make sure the cottage cheese is completely blended in. Pour liquid ingredients into a large mixing bowl.
- In a small bowl whisk together all purpose flour, sugar, baking powder and baking soda. Pour dry ingredients into wet and mix with a flat spatula.
- Pour batter into prepared loaf pan. Bake at 350F for 55 minutes – lightly cover top with a piece of aluminum foil when there are 20 minutes left to prevent top from getting too brown.
- Allow to cool completely before removing from the pan and cutting into slices

Notes

- Use 1:1 gluten free flour blend to make this gluten free

- You can use a higher fat cottage cheese
- Add greek yogurt or peanut butter as a topping for even more protein

Category

1. Uncategorized

Date

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