



## PROTEIN Banana Bread

### Ingredients:

- Butter for greasing pan
- 3 ripe bananas
- $\frac{3}{4}$  cup white sugar
- 1 egg
- $\frac{1}{3}$  cup oil

- $\frac{3}{4}$  cup flour
- 1 tsp baking soda
- 1 tsp baking powder
- $\frac{1}{2}$  tsp salt
- 1 cup chocolate chips
- 3 scoops protein powder

Makes 11

Calories: 215

Fat: 9g

Carb: 23g

Pro: 11g

### Directions:

1. Preheat oven to 325
2. Grease pan
3. Mash bananas
4. Add sugar, egg and oil
5. Mix flour, baking powder, soda, salt, and protein powder
6. Add to other bowl
7. Add chocolate chips
8. Pour batter into the pan
9. Bake for 45-60 minutes