



Banana Bread

Ingredients

- 3 ripe bananas, mashed
- 2 eggs
- 1/4 cup honey or maple syrup
- 1 teaspoon vanilla extract
- 1 cup whole wheat flour (or oat flour)
- 1 scoop ESC Whey Protein Isolate
- 1 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 cup Greek yogurt or unsweetened applesauce
- 1/3 cup chocolate chips or chopped nuts (optional)

Directions

1. **Preheat Oven** to 350°F (175°C) and grease a loaf pan.
2. **Mix Wet Ingredients:** In a large bowl, mash bananas and mix in eggs, honey (or syrup), vanilla, and Greek yogurt.
3. **Combine Dry Ingredients:** In a separate bowl, whisk together flour, protein powder, baking soda, cinnamon, and salt.
4. **Mix & Fold:** Gradually add dry ingredients to the wet mixture and stir until combined. Fold in chocolate chips or nuts if using.
5. **Bake:** Pour batter into the loaf pan and bake for **35-40 minutes**, or until a toothpick inserted in the center comes out clean.
6. **Cool & Serve:** Let cool before slicing. Enjoy!

Nutritional Facts	
Servings Per Batch	10
Serving Size	1 Slice
Amount per Serving	
Calories	180
Carbs	25g
Fat	4g
Protein	11g

*Nutritional Facts will vary depending on ingredients