

Blast Fat Banana NOT Bread



Swap out your regular bread to this version and you'll save over 400 calories and 40 grams of sugar per slice. This Banana Bread is fat-free and made with metabolic boosting whey protein powder.

NUTRITIONAL INFO

Calories: 60–65 per slice

Fat: 0 grams

Carbs: 2 grams

Fiber: 1 gram

Protein: 15 metabolic boosting grams

Serves: 12 slices

Ingredients:

- (2 cups) LynFit Vanilla Protein Powder
- (5) Egg whites — beaten
- (2 tbsp.) Splenda® (add more if needed)
- (1 tsp.) Baking soda
- (1 tsp.) Baking powder
- (1 cup) Mashed ripe bananas (2 large)

*Add a smidgen of water if mixture seems to doughy — more for a moister bread

Slim Quick Tips:

- *This is a great snack or on-the-go meal when you're trying to get lean*
- *Try this bread with a cup of hot chocolate made with LynFit Complete Protein Powder*

Directions:

- Preheat oven to 350° F
- Coat an 8x4x2-inch loaf pan w/ vegetable spray and set aside
- Unpeel and mash bananas in a separate bowl and set aside
- In another bowl, mix protein powder, Splenda®, baking powder, & baking soda — set aside
- Using a large bowl, combine egg whites and banana. Once mixed well, add dry mixture to moist banana & egg white mixture & stir until moist (it's okay if the batter is lumpy — if you prefer, mix batter in a blender for a smoother bread
- Bake for 45–60 minutes (keep an eye on cooking times as ovens may vary)
- Let bread cool for 10–15 minutes prior to cutting