

# BLESSED STRAWBERRY BANANA BREAD



*Low-calorie, low-carb, gluten & soy-free  
GUILTLESS PLEASURE BREAD  
That's good for your waist & weight loss!*



The classic fruit tart/bread could set you back 800 calories, 36 grams of fat, and 59 grams of sugar. Save the calories, fat, and sugar with this instead—Metabolic Boosting, Belly Fat Burning Blessed Strawberry Banana Bread. You'll want to make extra because it hits the spot when those cravings strike!

This bread is a miracle because it's very low-carb, virtually fat, gluten, and soy-free, and provides your body with the protein it needs to fuel the busy life of a mom **without** raising blood sugar levels, keeping your metabolism revved and providing your body with the protein it needs, preventing metabolic slowdown. This is the only wonder bread that can say it strengthens bones, tightens and firms your muscles, and naturally energizes!

## INGREDIENTS FOR YOUR BLESSED STRAWBERRY BANANA BREAD:

- (2 cups) LynFit Strawberry Complete Protein
- (5 tbsp.) Egg White Vanilla Protein Powder
- (2 tbsp.) Stevia® or Splenda® (more or less as needed, if needed)
- (1 tsp.) Baking soda
- (1 tsp.) Baking powder
- (1 cup) Mashed, ripe bananas or unsweetened applesauce (any mashed fruit will do)
- (1 tsp.) Unsweetened cocoa powder
- (½ cup) Cold water (add a smidgen more of water if mixture seems too doughy—more for moister bread)

## INGREDIENTS FOR TOPPING (OPTIONAL)

- (½ cup) Chopped or crushed walnuts
- (1 tsp.) Cinnamon
- (1–2 packets) Stevia® or Splenda®

**For an added treat**, mix the topping ingredients together and top your bread with it!

## NUTRITIONAL INFO

Calories: 60–65 per slice

Carbs: 2 grams

Protein: 15 metabolic boosting grams

Fat: 0 grams

Fiber: 1 gram

Serves: 12 slices per recipe

## DIRECTIONS:

- Preheat oven to 350° F
- Coat an 8x4x2-inch loaf pan with vegetable spray and set aside
- Unpeel and mash bananas in a separate bowl, setting aside
- In another bowl, mix protein powder, Splenda®, baking powder, and baking soda — set aside
- Using a large bowl, combine egg whites and banana. Once mixed well, add dry mixture to moist banana and egg white mixture and stir until moist (it's okay if the batter is lumpy) — if you prefer, mix batter in a blender for a smoother bread
- Swirl the cocoa powder into the batter
- Bake for 30-40 minutes (keep an eye on cooking times as ovens may vary and it's better to undercook this lean bread than to overcook... less is best!).
- Let bread cool for 10–15 minutes prior to cutting

## HOW TO MAKE BLESSED INSTA-BREAD: IT'S AS EASY AS 1, 2, 3, 4, 5, 6...



- Preheat oven to 350° F
- Coat an 8x4x2-inch loaf pan with vegetable spray and set aside
- In a large bowl, combine dry ingredients already provided with ½ cup cold water (add a smidgen more water if mixture seems too doughy—more for moister bread)
- Add in the (1 cup) mashed ripe banana or unsweetened apple sauce (any mashed fruit will do)
- Mix well, 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 30-40 minutes, or less, depending on your oven (keep an eye on cooking times as ovens may vary and it's better to undercook this lean bread than to overcook... less is best!).
- Let bread cool for 10–15 minutes prior to cutting

### TOP 5 WAYS TO TOP YOUR BLESSED BREAD

1. Heat up berries in microwave and drizzle on top
2. Top with fresh berries
3. Sugar and calorie-free Walden Farms Maple Syrup
4. Mix yogurt with a little protein powder and drizzle on top
5. Topped with whipped/frothed LynFit Complete Protein Powder