

Chocolate Monkey Bread



This is a great snack or on-the-go meal for when you're trying to get lean. Try this bread with a cup of LynFit Melt Fat Milk or LynFit Hot Chocolate made with LynFit Complete Protein — Yum!

NUTRITIONAL INFO

Calories: 60–65 per slice

Fat: 0 grams

Carbs: 2 grams

Fiber: 1 gram

Protein: 15 metabolic boosting grams

Serves: 12 slices per recipe

Ingredients:

- (2 cups) LynFit Chocolate Complete Protein
- (5) Egg whites — beaten
- (2 tbsp.) Splenda® (more if needed)
- (1 tsp.) Baking soda
- (1 tsp.) Baking powder
- (1 cup) Mashed, ripe bananas (2 large)
- (1 tsp.) Unsweetened cocoa powder

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

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, cocoa 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