

# Cinnamon Swirl



## Ingredients for Roll:

- (2 cups) LynFit Vanilla 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
  - (1 tsp.) Unsweetened cocoa powder
- \*Add a smidgen of water if mixture seems too doughy—more for a moister bread

## Ingredients for Topping (Optional):

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

Mix the above ingredients together and top your bread with it!

The classic cinnamon roll could set you back 800 calories, 36 grams of fat, and 59 grams of sugar. Save the calories, fat, and sugar with this wonderful Cinnamon Roll. Make extra because you'll want more when those cravings strike!

## 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

## 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, & 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
- Swirl the cocoa powder into the batter
- 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
- For a bonus, top with topping recipe