



Banana Bread

Ingredients

- 2 bananas mashed
- 1 cup oats
- 2 servings of ESC protein
- 1 cup of Greek yogurt
- 2 egg whites
- 1/4 cup applesauce
- 4 tablespoons of sweetener
- Cinnamon to your taste
- Vanilla extract to your taste
- 1 teaspoon baking powder
- 1 pinch of salt

Directions

1. Preheat the Oven: Ensure the oven is preheated to the recommended temperature (usually around 350°F or 175°C).
2. Prepare the Pan: Grease a loaf pan or line it with parchment paper to prevent sticking.
3. Mash the Bananas: Mash the bananas until smooth. Overripe bananas work best for enhanced sweetness and flavor.
4. Mix Wet Ingredients: In a mixing bowl, combine the mashed bananas, Greek yogurt, egg whites, applesauce, and vanilla extract. Mix until well combined.
5. Combine Dry Ingredients: In a separate bowl, whisk together the oats, ESC protein, baking powder, cinnamon, and a pinch of salt.
6. Combine Wet and Dry Ingredients: Gradually add the dry ingredients to the wet ingredients, stirring until just combined. Be careful not to overmix.
7. Add Sweetener: Incorporate the sweetener into the batter. Adjust the amount based on your desired sweetness level.
8. Pour into Pan: Transfer the batter into the prepared loaf pan, spreading it evenly.
9. Bake: Bake in the preheated oven for the recommended time or until a toothpick inserted into the center comes out clean.
10. Cool and Slice: Allow the banana bread to cool in the pan for a bit before transferring it to a wire rack to cool completely. Once cooled, slice and enjoy!

Nutritional Facts	
Servings Per Batch	7
Serving Size	1 Slice
Amount per Serving	
Calories	130
Carbs	17g
Fat	2g
Protein	11g

*Nutritional Facts will vary depending on ingredients