

High-Protein Banana Bread 高タンパクバナナブレッド

Serves: 8–10

Pan Size: 23 × 13 × 7 cm loaf

Ingredients

Dry

- 160 g all-purpose flour (小麦粉)
- 20 g oat flour (オートミール粉・optional)
- 1 tsp baking powder (ベーキングパウダー)
- ½ tsp baking soda (ベーキングソーダ)
- 1 tsp cinnamon (シナモン)
- ½ tsp salt + pinch MSG (塩+MSG)

Wet

- 320–350 g **ripe** bananas, mashed (バナナ)
- 2 eggs (卵)
- 160 g nonfat Greek yogurt (ギリシャヨーグルト)
- 40 g almond butter (アーモンドバター)
- 2 T / 28 g canola oil (キャノーラ油)
- 1 tsp vanilla (バニラ)

Optional

- 30–40 g walnuts (くるみ)
- 1–2 T maple syrup (メープルシロップ)

Instructions

1. **Preheat** oven to **170°C**. Prepare loaf pan.
2. Mix all **dry ingredients** in a bowl.
3. In another bowl, whisk **bananas, eggs, yogurt, almond butter, oil,** and **vanilla** until smooth.
4. Add dry ingredients to wet; mix gently until just combined.
5. Fold in **walnuts** if using.
6. Pour batter into pan. Optional: sprinkle walnuts on top and **lightly brush with milk**.
7. **Bake 45–55 minutes** until set and a toothpick comes out mostly clean.
8. **Cool 10 minutes** in pan, then transfer to rack to cool completely.

Nutrition (per slice)

Kcal: 160 | Protein: 7 g | Fat: 7 g | Sat Fat: 1 g | Carbs: 18 g | Sugars: 7 g | Fiber: 2 g | Sodium: 150 mg | Omega-3: 0.5 g

