



BANANA BREAD BREKKIE

Aim: Cake for breakfast! Dense and filling, and packing a punch in micronutrients

Ingredients

- 400g ripe banana
- 1 scoop protein powder
- 50g ground almonds
- 35g peanut butter powder
- 2 egg whites

To serve, per serving:

- 10g honey
- 100g 5% fat Greek yoghurt
- 150g berries

Directions

READY IN: 60 // SERVINGS: 4

1. Preheat the oven to 180 degrees Celsius
2. Grease and line a 1 litre loaf tin
3. Beat all the ingredients together to form a thick cake mixture, and pour into the baking tin and bake for 30-45 mins, until the top is golden and a skewer inserted into the centre comes out clean.
4. Turn out of the tin and onto a wire rack to cool, slice and eat! This will keep in an airtight container at ambient temperature for up to 3 days. Freeze for longer term storage.

Variations to consider: Add some ground oats to increase the carb content of the banana bread. If you need a breakfast on the go, drop the 'to serve' items and add more protein powder and berries to the banana bread mix ... eat just as a slice of cake!

CALORIES

456

CARBOHYDRATE

53

PROTEIN

27

FAT

15