

Choco Fever Dream

High Protein Chocolate Banana Bread

15 min Prep time	**30 min** Cook time	**45 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Dry Ingredients

- [ ] 1 1/2 cups almond flour
- [ ] 1/2 cup whey protein powder (chocolate or unflavored)
- [ ] 1/3 cup cocoa powder
- [ ] 1 tsp baking soda
- [ ] 1/2 tsp sea salt

Wet Ingredients

- [ ] 3 ripe bananas, mashed
- [ ] 2 large eggs
- [ ] 1/2 cup Greek yogurt
- [ ] 1/4 cup honey
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp melted coconut oil

Add-ins

- [ ] 1/2 cup dark chocolate chips
- [ ] 1 tsp lemon zest

Instructions

1. Preheat oven to 350°F (175°C). Line a 9×5-inch loaf pan with parchment or lightly grease.
2. In a bowl, whisk together almond flour, protein powder, cocoa, baking soda, and sea salt; set aside.
3. In a separate bowl, mash the bananas, then whisk in eggs, Greek yogurt, honey, vanilla, and melted coconut oil until smooth.
4. Combine wet and dry mixtures, stirring just until no dry streaks remain. Fold in chocolate chips and lemon zest gently.
5. Pour batter into the prepared pan, smoothing the top. Bake for 30-35 minutes, or until a toothpick inserted in the center comes out with a few moist crumbs.
6. Allow the loaf to cool in the pan for 10 minutes, then transfer to a wire rack to finish cooling before slicing.

Nutrition per serving

260 kcal	15 g	28 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter seems too thick, add a splash of almond milk.
- For extra sweetness, drizzle a thin layer of honey while the loaf is still warm.
- Protein powder can vary; adjust by adding a bit more flour if the batter becomes too wet.