

Choco Fever Dream

High Protein No Sugar Monkey Bread

15 min Prep time	**25 min** Cook time	**40 min** Total time
8 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup plain Greek yogurt
- [ ] 1/2 cup whey protein powder (vanilla)
- [ ] 2 large ripe bananas, mashed
- [ ] 1 1/2 cups whole wheat flour
- [ ] 1 tsp baking powder
- [ ] 1/2 tsp baking soda
- [ ] 1/4 tsp salt
- [ ] 1 tsp lemon zest
- [ ] 2 tbsp melted butter
- [ ] 1 tsp cinnamon
- [ ] 1 tbsp stevia or monk fruit blend

Instructions

1. Preheat the oven to 350°F (175°C) and grease a 9-inch bundt pan with a little butter.
2. In a large bowl, combine the mashed bananas, Greek yogurt, and whey protein; stir until smooth.
3. In a separate bowl whisk together flour, baking powder, baking soda, and salt; then fold into the wet mixture gently.
4. Mix melted butter, cinnamon, and stevia; roll the dough into small balls and coat each ball in the cinnamon-sweet mixture.
5. Arrange the coated balls in the prepared pan, drizzle any remaining butter mixture on top, and bake for 22-25 minutes until golden.
6. Allow the bread to cool 5 minutes, then invert onto a serving plate; pull apart and enjoy warm.

Nutrition per serving

210 kcal	16 g	24 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter feels too sticky, add a tablespoon of flour at a time.
- For extra crunch, sprinkle a handful of toasted oats on top before baking.
- You can replace butter with coconut oil for a dairy-free version.