

A background image showing a person's hand pouring a light-colored batter into a dark-colored rectangular baking tray. The tray is placed on a light-colored countertop. The batter is being poured from a container that is partially visible at the top of the frame. The hand is positioned over the tray, and the batter is being poured into it. The background is slightly blurred, focusing attention on the action of pouring the batter.

Protein Banana Bread

Ingredients:

- 2 cups or 16 oz. (1LB) of egg whites
- 2 eggs
- 1 cup of oats
- ½ cup flaxseed
- 2 ripe bananas
- 8 dates, pitted
- Cinnamon to taste
- Medium Cookie Sheet

Directions:

Preheat oven to 375 °F

Add egg whites into blender.

Add eggs into blender.

Add oats into blender.

Add flaxseed into blender.

Remove the pits from the dates and add to blender.

Add cinnamon to taste.

Blend on high for about 30 seconds or more. Until completely blended.

Grease cookie sheet.

Pour on cookie sheet.

Bake for 20 minutes.

When done, take out of the oven and let cool.

After its been cooled, cut into squares.