

protein rich, no refined sugar + gluten free
recipe created by The Northeast Ginger // @thenortheastginger

Maple Pecan Banana Bread

ingredients:

- 1 cup mashed ripe banana (about 2 medium bananas)
- ½ cup plain full-fat Greek yogurt (no added ingredients)
- 2 large pasture-raised eggs
- ⅓ cup pure maple syrup (you can add 1 tbsp more if you prefer sweeter)
- ¼ cup salted grass-fed butter, melted and cooled
- 1 ½ tsp vanilla extract
- 1 ½ cups Bob's Red Mill 1-1 Gluten Free Baking Flour
- 2 scoops Naked Whey Vanilla Protein Powder
- 1 ½ tsp baking powder
- ¼ tsp baking soda
- ¼ tsp high-quality salt (I suggest Redmond's Real Salt)
- ½ cup chopped pecans (optional: sprinkle extra pecans on top before baking, for presentation)

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directions:

- Preheat oven to 350 degrees F. Grease or line a 9 x 5" loaf pan with parchment paper.
- Mix wet ingredients: In a large bowl, mash bananas until smooth. Add Greek yogurt, eggs, maple syrup, butter and vanilla extract. Whisk until fully combined.
- Mix dry ingredients: In a separate bowl, whisk together flour, protein powder, baking powder, baking soda and salt.
- Combine: Add the dry ingredients into the bowl with the wet ingredients. Fold gently until just combined. Don't overmix. Fold in the chopped pecans. Allow batter to rest for 10 minutes (this allows the starches to hydrate and prevents grit).
- Pour batter into prepared loaf pan and smooth the top. Sprinkle extra pecans on top if desired.
- Bake for 50-60 minutes, or until a toothpick inserted in the center comes out clean. Loaf should be golden brown and look slightly springy.
- Cool: Let the loaf cool in the pan for 15 minutes before removing. Once removed, transfer to a wire rack to cool completely before attempting slicing.

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Why We Love It

This isn't just any banana bread.

This is a healthy, nutrient-rich snack that keeps the whole family satisfied. Here's why:

- Protein-packed: Between the whey, eggs and Greek yogurt, every slice helps you feel full longer and balances blood sugar.
- Healthy fats: Grass-fed butter and pecans slow digestion, add richness and help your body absorb the flavor and nutrients from the other ingredients.
- Naturally sweetened: We use pure maple syrup instead of refined white sugar, so it's sweet, but won't cause a sugar spike.
- Fiber and structure: Bananas and pecans add natural fiber, which slows sugar absorption and keeps the loaf tender but satisfying.
- Low-to-moderate glycemic index: Because of the balanced protein, fat, fiber and the natural sweetness, this loaf provides a gentle, steady energy release – no sudden crashes like traditional baked goods.