



SNACKS
SNACKS
SNACKS





Welcome to the Coach Clancy Recipe eBook

I have created a scientific and nutritious guide to food, with the help of a leading consultant with an MSc (Master of Science) in Applied Sports Nutrition and a chef with years of experience in Rosette awarded restaurants.

In this book you will find some amazing recipes to cover all types of meals. Created perfectly to fit into your meal plans that I have supplied to you to help you achieve your goals.

I hope you enjoy making these recipes as much as I did helping to create them for you.

Darragh Clancy

Online Coach

DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

Contents

The Savoury Collection

Crispy Tofu	5
Black Bean Hummus	6
Sweet Potato Rostis	8
Bacon & Broccoli Muffins	10
	12

The Smoothie Collection

Vanilla & Coffee Smoothie	14
Pb & Jelly Smoothie	16
Green Goodness Smoothie	18
	20

The Fruit Collection

Yoghurt With Berries & Nuts	21
Berry Baked Custard	23
“Eton Mess”	25
Black Forest Frozen Yoghurt	27
Banana Protein Whip	29
Lemon, Pistachio & Berry Frozen Yogurt Bar	31
Blueberry Pudding	33
	35

Contents

<i>The Chocolate Collection</i>	36
Nutella Spread	37
Dark Chocolate & Berry Slab	39
Chocolate Brownies	41
Chocolate Chia Pudding	43
Vegan Chocolate Peanut Mousse	45
Mocha Brownies	47
<i>The Cakes & Cookies Collection</i>	49
Almond Cookies	50
Peanut Butter Protein Cookie	52
Chocolate Chip Cookies	54
Spiced Shortbread	56
Protein Truffles	58
Chocolate Nut Protein Bars	60
Banana Bread	62



The Savoury Collection

Crispy Tofu

Serves 2

Ingredients

175g Firm Tofu
1tbsp Olive Oil
1tsp Cajun Spices
1tbsp Corn-Flour
Salt And Pepper To Taste

Method

Preheat your oven to 200°C. Use a large baking tray lined with baking paper.

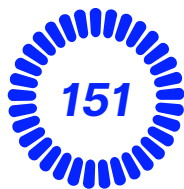
Drain and squeeze the excess water from the tofu. Wrap a cloth around the tofu and place something heavy over the top of the tofu and leave it for 10 - 15 minutes to press out any extra water.

Cut the tofu into chip-size pieces. Drizzle with the olive oil and place in a bowl.

Combine the corn flour and spices together, toss the tofu in the mix.

Place the tofu onto the prepared baking sheet and arrange in one layer. Bake for 25-30 minutes, turning halfway, until the tofu turns golden on the edges.

Serve with some low calorie sauce, if your plan allows.



Calories



Protein



Carbs



Fats



CRISPY TOFU



Calories



Protein



Carbs



Fats

Black Bean Hummus

Serves 2

Ingredients

100g Black Beans
2tbsp Olive Oil
1tsp Moroccan Spices
½tsp Cumin
2 Garlic Clove
¼tsp Cayenne Pepper
Salt And Pepper To Taste

Method

Drain the water from the beans into a food processor and add the spices, blend until smooth, now add in the black beans and blend again until smooth.

Serve as a dip with fresh vegetables. Try adding in different spices to create new versions.

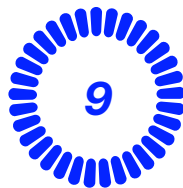
The dip can be stored in the fridge for up to 5 days in a sealed container.



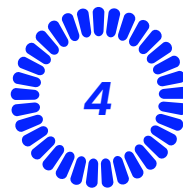
Calories



Protein



Carbs



Fats



BLACK BEAN HUMMUS



Calories



Protein



Carbs



Fats

Sweet Potato Rostis

Serves 2
(3 per portion)

Ingredients

150g Sweet Potato (Grated)
½ Small Onion, (Grated)
1 Eggs
1 Clove Garlic, Crushed
Fresh Coriander
½tsp Sweet Paprika
Salt And Pepper
3tbsp Plain Flour
1tbsp Avocado Oil

Method

Grated sweet potato and onion into a large bowl. Add in the crushed garlic, eggs, mix until they are all well combined, then add the paprika, flour, salt and pepper. Give it another mix to make sure all the seasoning is coating all of the potato mixture.

Spilt the mix into 6 equal portions.

Warm a pan on a medium heat, add in the avocado oil and start to cook the rostis. Fry for around 2-3 minutes per side.



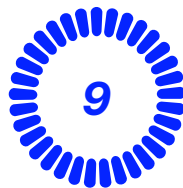
Calories



Protein



Carbs



Fats



SWEET POTATO ROSTIS



Calories



Protein



Carbs



Fats

Bacon & Broccoli Muffins

Serves 6

Ingredients

1 Small Head Broccoli
5 Eggs
1 Clove Garlic (Minced)
4 Slices Lean Bacon (Sliced Thinly)
30g Cheese (Grated)
1cal Oil Spray
Salt And Pepper To Taste
Chilli Flakes (Optional)

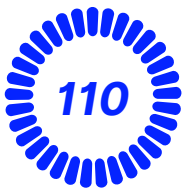
Method

Preheat the oven to 360°F (180°C).

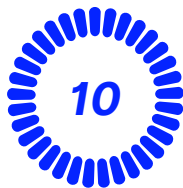
Cut the broccoli into small pieces and place into a pan of salted boiling water and cook for approx. 3 minutes. Strain and place to one side, while you cook the bacon.

Beat the eggs in a medium size bowl, add the minced garlic and season with salt and pepper, and chilli flakes if using.

Use the oil spray to coat a muffin tin, (1 spray per section), and fill the moulds with evenly divided broccoli, bacon, and grated cheese. Pour the beaten eggs into the moulds and bake in the oven for 10-15 minutes, or until eggs have set.



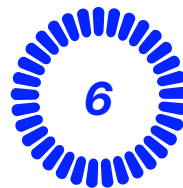
Calories



Protein



Carbs



Fats



BACON MUFFINS



Calories



Protein



Carbs



Fats



The Smoothie Collection

Vanilla & Coffee Smoothie

Serves 1

Ingredients

20ml Espresso
200ml Almond Milk
1 Scoops Vanilla Protein Powder
2tsp Cinnamon
2tbsp Flax Seeds
Handful Ice

Method

Blitz all ingredients in a high-speed blender until smooth. Serve cold in a glass.

Try swapping vanilla for chocolate flavoured protein and create a mocha shake. Or Remove the espresso and try with a fruit flavoured protein instead.



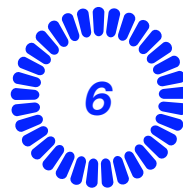
Calories



Protein



Carbs



Fats



VANILLA & COFFEE SMOOTHIE



Calories



Protein



Carbs



Fats

Pb & Jelly Smoothie

Serves 1

Ingredients

30g Plant Based Protein
(Vanilla or Peanut Butter Flavour)
11g Peanut Butter
15g Oats
100g Frozen Raspberries
200mls Unsweetened Almond Milk

Method

Place all ingredients into a high-speed blender and blitz until smooth.



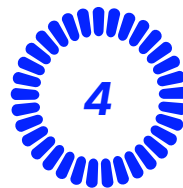
Calories



Protein



Carbs



Fats



PB & JELLY SMOOTHIE



Calories



Protein



Carbs



Fats

Green Goodness Smoothie

Serves 1

Ingredients

1/2 Small Banana
50g Frozen Pineapple
1 Cup Spinach
1/2 Carton Silken Tofu
250ml Plant Milk

Add water to desired consistency.

Method

Place all the ingredients into a high speed blender and blitz until smooth.

You can always replace the tofu with 2 tablespoons of Greek yoghurt.



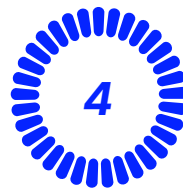
Calories



Protein



Carbs



Fats



GREEN GOODNESS SMOOTHIE



Calories



Protein



Carbs



Fats



The Fruit Collection

Yoghurt With Berries & Nuts

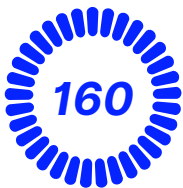
Serves 2

Ingredients

200g 0% Fage Yoghurt
50g Frozen Berries
30g Whey Protein
10g Flaked/Crushed Nuts

Method

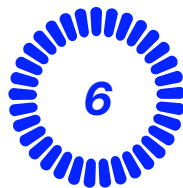
Mix the yoghurt and protein together and then add the berries and nuts.



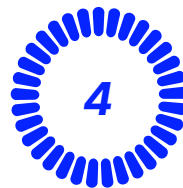
Calories



Protein



Carbs



Fats



YOGHURT WITH BERRY & NUTS



Calories



Protein



Carbs



Fats

Berry Baked Custard

Serves 2

Ingredients

2 Eggs
1tbsp Maple Syrup
125g Natural Yoghurt
1tbsp Vanilla Protein Powder
½tsp Nutmeg Freshly Grated
90g Mixed Fresh Berries

Method

Start by preheating your oven to Gas 6.

Combine the eggs, syrup, yoghurt, Protein powder in a blender and blend until smooth and a little frothy.

Divide the mixture between 2 ramekins, place berries on top and sprinkle the nutmeg over them. Place them in a large oven proof tray that's filled with water to about ¾ of the way up the sides of the ramekins.

Cover the tray and bake for about 30 minutes or until set in the middle.

Carefully remove ramekins from the tray and allow to cool for 5 minutes.



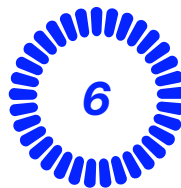
Calories



Protein



Carbs



Fats



BERRY CUSTARD



Calories



Protein



Carbs



Fats

"Eton Mess"

Serves 2

Ingredients

25g Whey/Vegan Protein, Strawberry
250g 0% Fat Greek Yoghurt
30g Strawberries
30g Raspberries
30ml Unsweetened Almond Milk

Vegan option: Substitute Greek Yoghurt for plant alternative of your choice.

Method

In a bowl, mix all ingredients minus the strawberries /raspberries.

Whisk until the desired volume is reached.

Gently mix in the strawberries and then top with the raspberries.

Place in the fridge for 20-30 minutes.



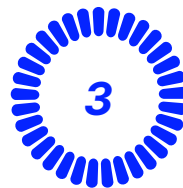
Calories



Protein



Carbs



Fats



"ETON MESS"



Calories



Protein



Carbs



Fats

Black Forest Frozen Yoghurt

Serves 1

Ingredients

1 Scoop Protein Powder
(chocolate)
100g 0% Fat Greek Yoghurt
1tsp Vanilla Extract
100g Frozen Berries

Method

Combine the yogurt and the protein powder until smooth.

Add the frozen berries, mix and leave for 5-10 mins in the freezer. Eat and Enjoy.



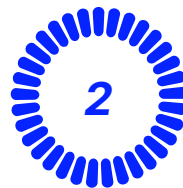
Calories



Protein



Carbs



Fats



BLACK FOREST FROZEN YOGHURT



Calories



Protein



Carbs



Fats

Banana Protein Whip

Serves 2

Ingredients

2 Medium Frozen Bananas, Sliced
8tbsp 0% Fat Greek Yoghurt
25g Whey/Vegan Protein Powder
50-100ml Almond Milk
½tsp Mixed Spice

Add a few frozen mixed berries to serve if you want.

Method

Slice & freeze the banana the day before.

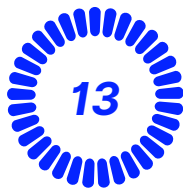
Place all ingredients in a blender and blitz until smooth and creamy.

Divide between two bowls, top with berries and enjoy.

Try splitting the mix up and using chocolate protein in part of it for a chocolate banana mix.



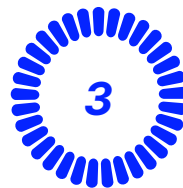
Calories



Protein



Carbs



Fats



BANANA WHIP



Calories



Protein



Carbs



Fats

Lemon, Pistachio & Berry Frozen Yogurt Bar

Serves 2

Ingredients

453g Full-Fat Greek Yogurt
2tbsp Lemon Curd
75g Fresh or Frozen Blueberries or Raspberries
45g Shelled Pistachios, Chopped

Method

Line a 10-by-15 inch (25-by-38cm) rimmed baking sheet with parchment paper. Pour the yogurt into the centre of the baking sheet. Top with the lemon curd.

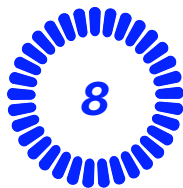
Use an offset spatula to spread the yogurt and curd evenly in the pan, you should not be able to see the parchment peeking through anywhere. A few visible swirls of yellow lemon curd are fine.

Press the berries into the yogurt and sprinkle the nuts over everything.

Freeze for at least 5 hours and up to 24 hours. Break the slab into big pieces and serve, or store in an airtight container in the freezer for up to three months.



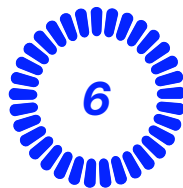
Calories



Protein



Carbs



Fats



LEMON, PISTACHIO & BERRY FROZEN YOGURT BAR



113

Calories



8

Protein



10

Carbs



6

Fats

Blueberry Pudding

Serves 2

Ingredients

100g Millet
500ml Unsweetened Almond Milk
65g Blueberries
25g Vanilla Protein Powder

Method

Place the millet in a strainer and rinse under cold running water.

Slowly bring the Almond milk and millet to a boil over a medium heat. Reduce heat to low, cover with lid and simmer for 15 minutes.

In a high-speed blender, add the blueberries, millet and protein powder. Blitz until smooth and creamy. If the pudding is too thick, you can add more milk.

Allow to cool and then serve with additional blueberries and 1 tbsp of 0% fat yoghurt.



Calories



Protein



Carbs



Fats



BLUEBERRY PUDDING



Calories



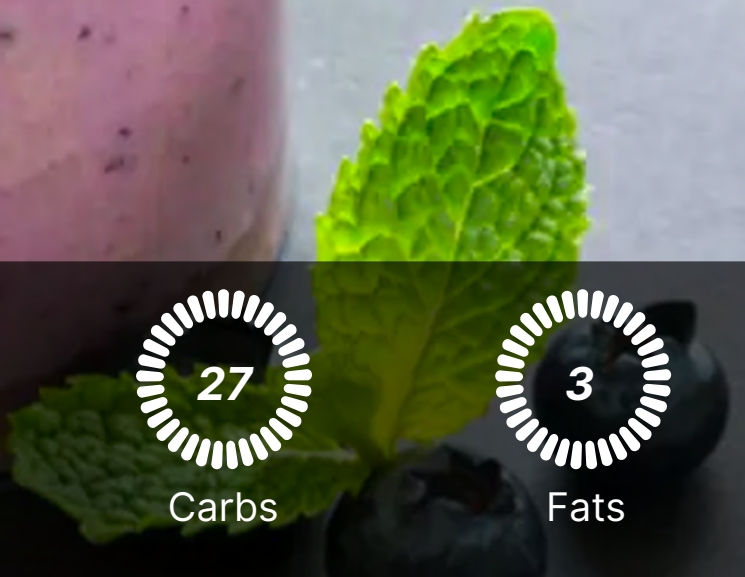
Protein



Carbs



Fats





The Chocolate Collection

Nutella Spread

Serves 4

Ingredients

60g Roasted Hazelnut
30g Protein Powder
1tbsp Cocoa Powder
¼tsp Salt

Wet Mix

1tsp Vanilla Extract
1tsp Maple Syrup
½tsp Coconut Oil
30ml Almond Milk

Method

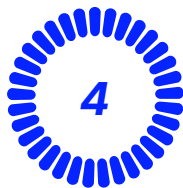
Place the roasted hazelnuts in a high-speed blender and blend until ground to tiny pieces.

Add in the rest of the dry ingredients and blitz again. Slowly add in the wet ingredients and blitz until smooth. You will need to scrape down the edges a few times during this process. Add in additional milk if required to reach a butter-like texture.

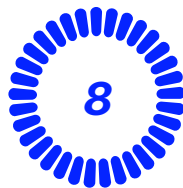
Ideal for using as a topper on some fat free yoghurt or using on rice cakes.



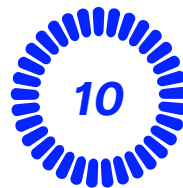
Calories



Protein



Carbs



Fats



NUTELLA SPREAD



Calories



Protein



Carbs



Fats

Dark Chocolate & Berry Slab

Serves 4

Ingredients

453g 0% Fat Greek Yogurt
30g Dark Chocolate (75-90%)
75g Frozen Mixed Berries
45g Pecan halves (Crushed)

Method

Line a 10-by-15 inch (25-by-38cm) rimmed baking sheet with parchment paper. Pour the yogurt into the centre of the baking sheet.

Use a spatula to spread the yogurt evenly across the tray. Melt the chocolate and swirl into the yoghurt mix.

Press the berries into the yogurt mix and sprinkle the pecan nuts over.

Freeze for at least 5 hours and up to 24 hours. Break the slab into big pieces and serve, or store in an airtight container in the freezer for up to three months.



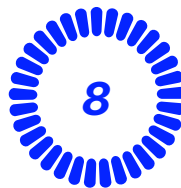
Calories



Protein



Carbs



Fats



CHOCOLATE & BERRY SLAB



Calories



Protein



Carbs



Fats

Chocolate Brownies

Serves 9

Ingredients

3 Medium Overripe Bananas
60g Whey Protein Chocolate
1/2tsp Baking Powder
2tbsp Cocoa Powder
2 Eggs
2tbsp Smooth Peanut Butter

Method

Preheat the oven to 180C, grease a small cake pan or loaf pan and set aside.

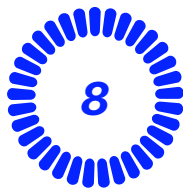
Combine all ingredients in a blender until smooth.

Pour the mixture into the greased pan and bake for around 15 minutes, or a little longer if your not a fan of soft brownies.

Remove from the oven and allow to cool completely before slicing into pieces.



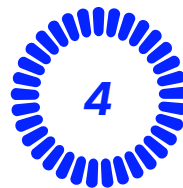
Calories



Protein



Carbs



Fats



CHOCOLATE BROWNIE



112

Calories



8

Protein



11

Carbs



4

Fats

Chocolate Chia Pudding

Serves 6

Ingredients

170g Chia Seeds
700ml Coconut Milk
25g Whey/Vegan Protein Powder (Chocolate)
1tsp Vanilla Extract
½tsp Cinnamon
2tbsp Cocoa Powder
125g Raspberries (frozen)

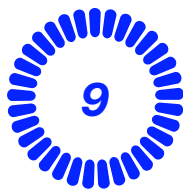
Method

Blend all the ingredients in a high-speed blender or food processor until most chia seeds are broken down and the pudding is thick and creamy.

Portion out into jars or small bowls and top with frozen raspberries.



Calories



Protein



Carbs



Fats



CHOCOLATE CHIA PUDDING



Calories



Protein



Carbs



Fats

Vegan Chocolate Peanut Mousse

Serves 6

Ingredients

130g Sweet Potato cooked
125g Smooth Peanut Butter
50g Natural Cocoa Powder
5tbsp Maple syrup
120ml Chickpea Brine
½tsp Lemon Juice

Method

Blend the sweet potato and peanut butter until smooth, then add cocoa powder, maple syrup, blend again until smooth.

In a clean bowl add the lemon juice and chickpea brine whip with a hand mixer until you get stiff peaks, this should take around 5 minutes. This will create your mousse base mix.

Fold the mousse mixture into the chocolate and combined well. The mixture will sink slightly.

Spilt the mixture between 6 small serving dishes and place in the fridge for 6-8 hours (or overnight) for the mousse to set.



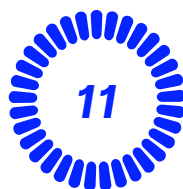
Calories



Protein



Carbs



Fats



CHOCOLATE MOUSSE



Calories



Protein



Carbs



Fats

Mocha Brownies

Serves 6

Ingredients

90g Plant-Based Vanilla Protein Powder
40g Unsweetened Cocoa Powder
50g Old-Fashioned Oats
28g Truvia
240ml Cold Coffee

Try adding in a few crushed walnuts if you like.

Method

Line a 9x5" loaf pan with baking paper.

In a large bowl, mix together the protein powder, cocoa powder, oats, and Truvia. Mix in the cold coffee until fully combined.

Transfer the mixture into the prepared pan, and evenly press it down with a spatula. Chill for at least 2 hours, or until firm, before slicing into 6 bars.

The bars can be somewhat fragile and flimsy, even if eaten directly from the refrigerator. For firmer bars, freeze for 10-20 minutes before eating.

Notes:

Not all protein powders absorb liquids or weigh the same. Start with 3 scoops of your chosen powder, slowly add the coffee until the mixture is firm, this might take more or less than the stated amount.

Do not substitute whey-based protein powder, as this doesn't absorb liquid in the same way and the recipe will not work.



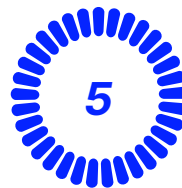
Calories



Protein



Carbs



Fats



MOCHA BROWNIES



Calories



Protein



Carbs



Fats



***The Cakes &
Cookies Collection***

Almond Cookies

Serves 6

Ingredients

1 Ripe Banana
2tsp Chia Seeds
3tbsp Golden Flax Seeds
1tbsp Flour
30g Vanilla Protein Powder
1tsp Almond Butter
10g Flaked Almonds

Method

Begin by preheating your oven to 180°C/350°F/gas 4 and line a baking sheet with parchment paper.

Using a hand mixer, blend the banana and almond butter until it is a smooth and creamy consistency. Add the chia and flax seeds to the banana and mix until they are well combined.

Then, stir in the protein powder and flour and mix until just combined. Do not over mix the protein powder and flour as the banana batter will become too hard. You should now have enough batter to make 6 cookies. Use a spoon to divide the batter, with the palm of your hand, push down on the batter to form a cookie shape. Sprinkle the almonds on top.

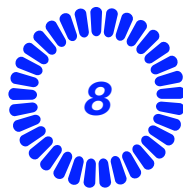
Bake the cookies for around 8 minutes until they have turned golden brown and have a firm texture. Remove the cookies from the oven and place them on a rack to cool for 10 minutes before devouring.



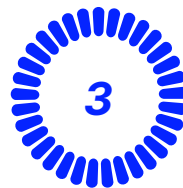
Calories



Protein



Carbs



Fats



ALMOND COOKIES



79

Calories



5

Protein



8

Carbs



3

Fats

Peanut Butter Protein Cookie

Serves 12

Ingredients

1 Ripe Banana
2tsp Chia Seeds
3tbsp Golden Flax Seeds
1tbsp Peanut Flour
30g Vanilla Protein Powder
1tsp Peanut Butter

Method

Begin by preheating your oven to 180°C/350°F/gas 4 and line a baking sheet with parchment paper.

Using a hand mixer, blend the banana and peanut butter until it is a smooth and creamy consistency. Add the chia and flax seeds to the banana and mix until they are well combined.

Then, stir in the protein powder and peanut flour and mix until just combined. Do not over mix the protein powder and flour as the banana batter will become too hard. You should now have enough batter to make 6 cookies. Use an ice cream scoop to divide the batter and, with the palm of your hand, spread the portions of batter into a cookie shape, as these cookies do not rise in the oven.

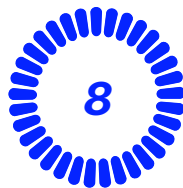
Bake the cookies for around 8 minutes until they have turned golden brown and have a firm texture. Remove the cookies from the oven and place them on a rack to cool for 10 minutes before devouring.



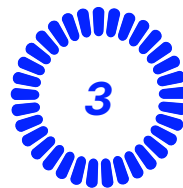
Calories



Protein



Carbs



Fats



PEANUT BUTTER PROTEIN COOKIE



Calories



Protein



Carbs



Fats

Chocolate Chip Cookies

Serves 4

Ingredients

1 Medium Ripe Banana
60g Vanilla Protein Powder
40g Old Fashioned Oats
1tbsp Peanut Butter Unsalted
1tbsp Chocolate Chips Mini

Method

Preheat oven to gas mark 4.

Line large baking sheet with baking paper or silicone baking mat, and spray with cooking spray.

In a medium bowl, mash bananas, then slowly add the protein powder, oats and peanut butter. Stir well to combine.

The batter consistency will be runny. Add the chocolate chips and give a little mix.

Spoon mixture onto prepared baking sheet and shape them before baking for 12-14 minutes (depending on size).

Cool on a cooling rack for 5 minutes.



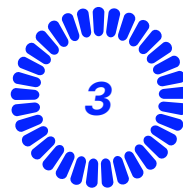
Calories



Protein



Carbs



Fats



CHOCOLATE CHIP COOKIES



Calories



Protein



Carbs



Fats

Spiced Shortbread

Serves 20

Ingredients

125g Plain Flour
85g Butter
35g Caster Sugar
1tbsp Water
1tbsp Vanilla Essence

Spice Mix:

1tbsp Mixed Peel
2tsp Cinnamon
2tsp Nutmeg

Method

Place the butter and flour into a bowl and rub together with your fingertips until the mixture has the appearance of fine breadcrumbs.

Add in the sugar and the spice mix, and combine well. Add the vanilla and water, the mixture should start to form a ball as you mix it together.

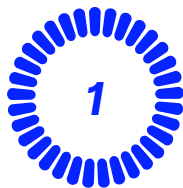
On a floured surface roll out the mixture until a 1/2cm thick. Then use a small cutter or cut by hand into 20 pieces.

Place the shortbread onto pre lined baking sheets and bake for 10-12 minutes until golden. Remove from the oven and allow to cool on a wire rack.

Keep in a air tight container or freeze them down for a later date.



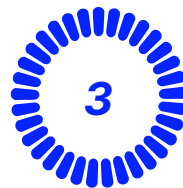
Calories



Protein



Carbs



Fats



SPICED SHORTBREAD



Calories



Protein



Carbs



Fats

Protein Truffles

Serves 12

Ingredients

1 Avocado, (Peeled & Mashed)
2tbsp Maple Syrup
170g Dark Chocolate (Melted)
4tbsp Unsweetened Cocoa Powder
½ tsp Vanilla Extract
50g Desiccated Coconut
2 Scoops Protein Powder

Method

Combine the maple syrup, melted chocolate, cocoa powder and mashed avocado and protein powder in a large bowl.

Thoroughly mix so that it becomes a smooth paste before covering and placing in the fridge for around 30 minutes, or until the truffle mixture has hardened slightly.

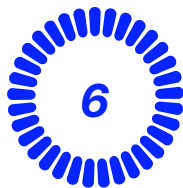
Lightly grease your hands with coconut oil and shape the individual truffles with your hands. Once the truffles are round, roll them in the desiccated coconut and place them on parchment paper before returning them to the fridge for another 30 minutes.

Once the truffles have firmed up slightly, remove from the fridge and enjoy.

Any leftover truffles can be kept in the fridge for up to four days in an airtight container.



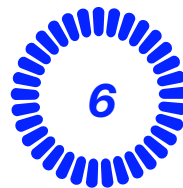
Calories



Protein



Carbs



Fats



PROTEIN TRUFFLES



106

Calories



6

Protein



7

Carbs



6

Fats

Chocolate Nut Protein Bars

Serves 12

Ingredients

75g Protein Powder (Chocolate)
130g Smooth Peanut Butter
30g Honey
60g Oat Flour
30g Chocolate Chips

Method

In a bowl mix the peanut butter, chocolate chips and honey. Add in the protein powder and oat flour until it forms a ball of dough.

Place a large piece of cling film/wrap over the dough and leave to rest for 10-15mins.

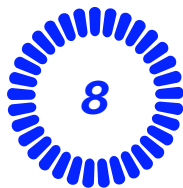
Line an 8x8" baking tray with cling film/wrap so it hangs over the edge. Press the dough mixture into the tray until it is flat and level.

Place the tray into the fridge for around 30-40 minutes until the mixture is firm.

Remove the tray from the freezer and lift out with the cling film. Cut into 12 even sized bars. Keep the bars either in the fridge for 3 days or 1 month in the freezer.



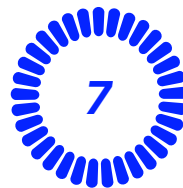
Calories



Protein



Carbs



Fats



CHOCOLATE NUT PROTEIN BARS



Calories



Protein



Carbs



Fats

Banana Bread

Serves 26

Ingredients

7 Ripe Bananas, (Mashed)
120mls Almond Milk Unsweetened
380g Self Raising Flour
1½tsp Baking Soda
½tsp Salt
4tbsp Softened Butter
180g Light Brown Sugar
120g Egg Whites
1tsp Vanilla Extract
85g Walnuts, Chopped

Method

Begin by preheating your oven to 180°C/350°F/gas 4 and greasing two loaf tins with baking spray. In a medium sized bowl, combine the flour, baking soda and salt and then set aside for the time being.

In a large bowl, cream the butter and sugar, with an electric mixer. After the butter and sugar have formed a fluffy mixture, add the egg whites and vanilla extract.

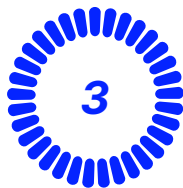
Whisk this at a medium speed until it has formed thick and glossy mixture. Gradually add the flour mixture to the larger bowl and blend at a low speed until it has all combined. After the flour has been mixed in, add the mashed bananas and blend at a low speed, slowly adding the almond milk, until it has formed a smooth batter. The last stage before baking is to fold the chopped walnuts into the batter.

Pour the batter into the loaf tins and bake in the middle shelf of the oven for 50 minutes, or until a knife inserted into the centre of the loaf comes out clean.

Remove from the oven and let the loaf cool for 20 minutes, as the bread will be easier to slice at room temperature. Store in the fridge for 3 days or freeze in slices for up to 1 month.



Calories



Protein



Carbs



Fats



BANANA BREAD



120

Calories



3

Protein



18


Carbs




4

Fats



 [**darragh_coachclancy**](https://www.instagram.com/darragh_coachclancy)

 Designed and produced by @Nutritional_bear