

# PROTEIN+ BANANA BREAD



DAIRY WOMEN'S  
NETWORK

success through inspiration

## Recipe by Fonterra

*Fancy a delicious snack for when you're on the run or perhaps a sweet treat that is packed with nutritious ingredients? Our Protein+ Banana Bread is filling and deliciously moist thanks to the Anchor Protein+ Manuka Honey Yoghurt and mashed banana.*

## Ingredients

125g Anchor Butter

½ cup sugar

2 eggs

½ cup Anchor Protein+ Manuka  
Honey Yoghurt

1 ½ tsps baking soda

1 ¼ cups mashed banana

1 ½ cups flour

2 scoops of your choice protein  
powder (vanilla flavour if possible)

½ cup chopped walnuts

## Method

1. Preheat the oven to 160°C. Grease and line a 25cm loaf tin with baking paper.
2. Beat the butter and sugar until light and fluffy, add eggs one at a time, beating well after each. Stir through the yoghurt, baking soda and the mashed banana. Mix in the flour, protein powder and lastly the walnuts.
3. Spoon the batter into the prepared tin and bake for 30 minutes before increasing the heat to 180°C. Bake a further 30 minutes or a skewer inserted into the middle of the loaf comes out clean.
4. Allow to cool in the tin for 10 minutes before turning out onto a wire rack to cool completely. Store in an airtight container.

*\*Toast thick slices of day old banana bread and serve with extra yoghurt and chopped walnuts.*



**Dairy for life**

