



METABOLISM-U

NUTRITION & RECIPES

Better Metabolism
Stronger Body
More Independent You



BANANA NUT BREAD

HIGH PROTEIN • FIBER-RICH • HEART HEALTHY

A moist, flavorful banana bread made with wholesome ingredients, high in protein and fiber, and lower in added sugar and saturated fat.



SERVINGS

14 slices
(1 loaf)



PREP TIME

15 mins



COOK TIME

45–50 mins



TOTAL TIME

60–65 mins

INGREDIENTS

- 1 cup all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 cup dry cereal (high-fiber)
- 1 cup mashed, ripe bananas (about 2 medium)
- 2 large eggs
- 1 tsp vanilla extract
- 1/4 cup unsalted margarine, softened
- 1/2 cup coconut sugar (or preferred low glycemic sweetener)
- 1/2 cup chopped walnuts

EQUIPMENT

- Large mixing bowl
- Medium mixing bowl
- 9x5x3-inch loaf pan
- Parchment paper (optional)
- Cooling rack

INSTRUCTIONS

- 1 Preheat oven to 350°F (175°C). Grease or line a 9x5x3-inch loaf pan with parchment paper.
- 2 In a medium bowl, whisk together flour, baking powder, baking soda, and salt. Set aside.
- 3 In a large bowl, combine cereal, mashed bananas, eggs, and vanilla.
- 4 In a separate bowl, cream together softened margarine and coconut sugar until light and fluffy.
- 5 Add margarine mixture to the banana mixture and stir until well combined.
- 6 Add the dry ingredients to the wet ingredients and stir just until combined. Fold in chopped walnuts.
- 7 Pour batter into prepared loaf pan and smooth the top.
- 8 Bake for 45–50 minutes, or until a toothpick inserted in the center comes out clean.
- 9 Cool in pan for 10 minutes, then transfer to a wire rack to cool completely before slicing.

NUTRITION INFORMATION (PER SERVING – 1 SLICE)

CALORIES	PROTEIN	CARBOHYDRATES	FAT	FIBER (TOTAL)
198 kcal	6.2 g	24.1 g	7.6 g	3.1 g

MACRONUTRIENT PROFILE (CALORIES)



● Protein	12%
● Carbohydrates	49%
● Fat	34%

FIBER BREAKDOWN (PER SERVING)



- Total Fiber: 3.1 g
- Soluble Fiber: 1.2 g (39%)
 - Insoluble Fiber: 1.9 g (61%)

PROTEIN PROFILE (PER SERVING)



- Total Protein: 6.2 g
- Animal Protein: 3.6 g (58%)
 - Plant Protein: 2.6 g (42%)

FAT PROFILE (PER SERVING)



- Total Fat: 7.6 g
- Saturated Fat: 2.2 g (29%)
 - Monounsaturated Fat: 3.1 g (41%)
 - Polyunsaturated Fat: 2.3 g (30%)

TIPS

- Use very ripe bananas for maximum sweetness and moisture.
- Store in an airtight container at room temperature for up to 3 days, or refrigerate up to 7 days.
- This bread freezes well. Slice and freeze individually for convenience.

RECIPE NOTES

This recipe is designed to support muscle maintenance and overall metabolic health with balanced macronutrients, high-fiber cereal, fruit, and healthy fats.

INGREDIENT SWAPS

- Use almond flour (1:1) for gluten-free option.
- Use maple syrup in place of coconut sugar (reduce to 1/3 cup).
- Use pecans or almonds instead of walnuts.

* Nutritional information is not confirmed and is based on general analysis of the recipe. Actual values may vary based on specific ingredients and portion sizes.