

## Quick & Healthy NuttZo Banana Bread Recipe

### Description

Oh boy, do I have a treat for you! Peanut butter and banana sandwiches used to be my staple snack, but they can be a bit messy when out and about. Plus, I'm too good for regular ole peanut butter; we're a [NuttZo](#) loving family now!

NuttZo makes excellent sandwiches on its own or with a banana, but I still wanted something that travels well so I could feed Avery and myself when away from home. Then the light shone down upon my jar of NuttZo and I suddenly had a brilliant healthy recipe idea; use my favorite ingredients to cook them right into a bread!



I quickly removed the jar from the light and the windowsill after my epiphany. Too risky!

We can't get enough of NuttZo in our house lately. Avery, Kelley, and myself have been wreaking havoc on each delicious jar that comes our way. This recipe had to impress my lovely ladies or I risked breaking the "Happy wife, happy life" motto along with the lesser known, "Happy kid and you still live" motto. Scary, huh?

I used the microwave to make this bread, but have provided instructions if you want to bake it instead. Microwave cooking is my top choice, and while not gourmet, it still turns out tasty, healthy meals for any time of day.



Batter in and ready for the microwave!

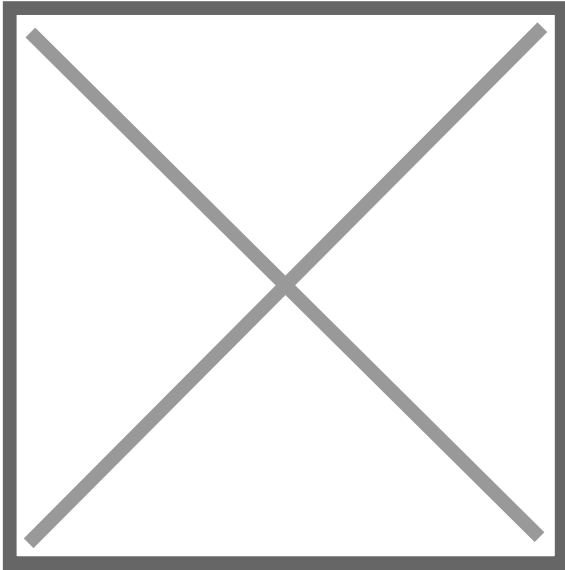
Make this bread, then cover it with more NuttZo and have zero regrets as you enjoy every last bite.



Until you realize those bites were for your kid!..oops!!



Healthy NuttZo Banana Bread



by RC Liley

**Prep Time:** 10 min

**Keywords:** bake microwave bread breakfast dessert snack nuttzo

## Ingredients (12 thick or 16 thin slices)

- 1 cup whole grain spelt, whole-wheat, or brown rice flour (I used whole grain spelt)
- 1 cup unflavored or vanilla protein powder (I used an organic plant protein powder, but other types should work fine); if not using protein powder, just add another cup of the flour you used above
- 1/4 cup peanut flour (or another nut flour of choice)
- 4 tbsp NuttZo (any flavor); warm in microwave to make sure it mixes easily
- 1/4 cup mashed ripe banana (applesauce or pumpkin puree would be good, but youâ€™ll have to change the name)
- 1/4 tsp liquid stevia extract (or use 1/4 cup sugar/honey/agave if you donâ€™t have or like stevia)
- 2 “ 4 packets of stevia powder (I used Pyure Sweet Stevia)
- 1 tbsp baking powder
- 1 tsp salt
- 2 ½ tsp cinnamon
- 2 tsp pure vanilla extract
- 1 1/4 cups milk of choice (reduce by 1/4 cup if using honey or agave)
- Optional: Add 2 egg whites for extra protein and to help bread rise. I did not do this and the bread turned out fine though.

## Instructions

### In the oven

Preheat oven to 375 F. In a large bowl, sift the dry ingredients to combine well, and then mix in the wet. Pour into a lightly oiled or non-stick loaf pan (a muffin pan would be great too!) and bake 40-45 minutes. Let cool on a wire rack for 10 to 20 minutes.

### In the Microwave

Coat a microwave-safe bowl with cooking spray, coconut oil, or good quality butter. You will need to do this in two batches for this method.

In a large bowl, sift the dry ingredients to combine well, and then mix in the wet.

Pour half of the batter into greased bowl and microwave on high for 7 minutes.

Let cool in bowl at least 5 minutes to allow bread to pull away from the sides, and flip over to allow it to fall out. You might need to give a little tug if it doesn't fall right out.

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What I love about this recipe is you can swap out the banana for applesauce or pumpkin puree for a totally different, yet equally delicious bread. Give it a try and let me know how you love it!

Now, excuse me as I make another batch to make Avery happy again. Remember that motto!



Phew, crisis averted!

**Date Created**  
2015/03/10

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