

RECIPE



This Peachy Banana Protein Bread is a nourishing twist on a classic loaf, combining the natural sweetness of ripe peaches and bananas with the power of plant protein, fiber-rich chia seeds, and healthy fats from coconut oil. Perfect for breakfast, a post-workout snack, or a guilt-free treat, this bread supports energy, digestion, and muscle recovery while satisfying your sweet tooth.

Peachy Banana Protein Bread

Ingredients

Yields: One standard loaf

3 organic medium ripe peaches (shredded)

3 organic medium ripe bananas (mashed)

3 organic eggs

⅓ cup white chia seeds

½ cup almond flour

1 cup vanilla vegan protein powder (my preference is Truvani Vanilla Protein Powder)

3 Tbsp. coconut oil (melted)

2 tsp. baking powder

Instructions:

Preheat oven to 350°F (175°C). Line a loaf pan with parchment paper.

In a large bowl, combine shredded peaches and chia seeds. Stir well.

Add mashed bananas to the peach mixture, stir again, and let sit for 10 minutes to allow the chia to absorb moisture.

Beat the eggs separately, then add to the fruit mixture. Mix thoroughly.

Yours to Artful Eating,

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Add almond flour, protein powder, melted coconut oil, and baking powder. Stir until everything is well combined.

Pour the batter into the prepared loaf pan and spread evenly.

Bake for 50–60 minutes, or until a toothpick inserted in the center comes out clean.

Remove from oven and let cool for 10 minutes in the pan. Transfer to a wire rack to cool completely.

Slice, serve, and enjoy your healthy, delicious, and protein-packed Peachy Banana Bread!

Health Benefits of This Recipe:

- Peaches: rich in antioxidants and vitamin C, support skin health and immunity.
- Bananas: provide natural sweetness, potassium, and prebiotic fiber for gut health.
- Chia Seeds: excellent source of omega-3s and fiber, aid digestion and satiety.
- Almond Flour: gluten-free, high in vitamin E and healthy fats for heart health.
- Vegan Protein Powder: boosts muscle repair, energy, and satiety.
- Coconut Oil: provides medium-chain triglycerides (MCTs) for quick energy.
- Eggs: packed with protein, choline, and essential nutrients for brain and muscle support.

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