

Banana Bread Bowl

THM-Friendly: E

- 1 small banana
- 2 heaping Tbsp. THM [Baking Blend](#)
- 1 Tbsp. THM [Creamy Dreamy Plant Protein](#) (or [Collagen](#))
- 1 Tbsp. [cacao nibs](#)
- 1 tsp. baking powder
- 1/4 cup Egg Beaters
- a pinch of [mineral salt](#)
- 1/2 tsp. [cinnamon](#)
- 1 tsp. THM [Super Sweet](#)
- 1/2 tsp. [banana extract](#)
- a splash of [vanilla extract](#) (measure with your heart)

Mash the banana in a microwave-safe bowl.

Add the Baking Blend and Creamy Dreamy and mix together.

Add the rest of the ingredients and mix them together.

Microwave for 3 minutes.

Sprinkle some [Swerve Brown](#) on top with a dollop of Reddi Wip Zero Sugar or a splash of kefir.

enJOY!

*Other topping ideas are [Koach Canada's Real Deal Peanut Butter](#), [Handy Chocolate Syrup](#) ([Trim Healthy Cookbook](#), pg. 479), or add a LITTLE bit of it all!

**Apple option: replace banana with 1/2 cup unsweetened applesauce and add 1/2 small apple, diced. Yum!



<https://www.joyfullifewithkj.com/breakfast/banana-bread-bowl>

