



## BANANA BREAD WITH CHOCOLATEY DIPPED CREAM CHEESE FROSTING

Treat yo'self and refuel with this carbacious treat that is perfect for a post-workout or after hours treat.

### INGREDIENTS:

#### Banana Bread

3 bananas	3/4 cup granulated sugar
1 egg	1 Tsp vanilla extract
1 Tsp baking soda	1/3 cup of Greek yogurt plain
1/2 Tsp cinnamon	Optional add-ins:
1 1/2 cups gluten free flour	Dark chocolate chips, chopped walnuts
1/4 Tsp nutmeg	2 Tbsp olive oil

#### Frosting

1 Tsp vanilla	2 Tbsp maple syrup
8 oz cream cheese	2 Tbsp honey
1/4 cup plain yogurt	1/2 cup powdered sugar
2 Tsp cinnamon	Special K® Chocolatey Dipped Cereal

#### Materials

8.5x4.5 loaf pan  
Parchment paper + cooking spray

**COOK TIME**  
50 MIN

**PREP TIME**  
5 MIN

**YIELDS**  
8 SERVINGS



## HOW TO MAKE

### EXPRESS LANE TIPS:

Make muffins for an individually portioned treat. Pour batter into a lined muffin pan and cook for 20-25 minutes. Insert toothpick pick into muffins. Muffins are fully cooked when the toothpick comes out clean.

### PERSONALIZE IT:

Use plant-milk yogurt, lactose free yogurt, almond or sunflower butter, agave instead of honey.

### STEPS:

#### For the Bread

1. Preheat the oven to 350°F
2. Line the pan with parchment paper. This will allow your bread to slide out perfectly.
3. In a mixing bowl, add plain yogurt and sugar.
4. Add ripe bananas and mash them into the mixture.
5. Add the egg and vanilla extract and stir.
6. Mix in flour, baking soda, cinnamon and nutmeg.
7. Fold in the chopped walnuts or pecans or chocolate chips, if desired.
8. Pour the batter into the lined loaf pan.
9. Bake for 40 to 50 minutes and insert a toothpick to make sure the center comes out clean. Oven time may vary.
10. Allow the bread to cool for 15 minutes before removing from the pan and transferring to a cool surface or wire rack.

#### For the Frosting

11. Blend the cream cheese, vanilla, plain yogurt, maple syrup, honey, cinnamon and powdered sugar together until combined well forming a thick and creamy consistency.
12. Once your bread has cooled, spread frosting on the top.
13. Sprinkle with Special K® Chocolatey Dipped cereal pieces for a final garnish.