

Nutty Banana Bread Soft-Baked Bars

(2 Scoops Unjury Protein, Walnuts & Just Better Fiber)

Servings: 8 bars Prep Time: 10 minutes Bake Time: 22–24 minutes

Storage: Airtight container (room temp 4–5 days; freezer up to 2 months)

These Nutty Banana Bread Soft-Baked Bars are a high-protein, high-fiber twist on classic banana bread. Perfect for meal prep, these bars are naturally sweetened with ripe banana, honey, and molasses, while boosted with Unjury protein powder and Just Better Fiber for extra nutrition. Each bar packs 11 grams of protein and 5.7 grams of fiber, making them an ideal snack or breakfast. Pair with Greek yogurt or cottage cheese for a complete, protein-rich meal.



Recipe:

Ingredients:

Dry

1 cup blanched almond flour (96g)
2 tbsp coconut flour (14g)
2 tbsp ground flaxseed (14g)
1 tbsp chia seeds (12g)
2 tbsp Just Better Fiber (12g)
2 scoops (60g) Unjury unflavored protein powder
2 tbsp chopped walnuts (14g)
¾ tsp baking soda
¼ tsp sea salt
½ tsp ground cinnamon
Pinch nutmeg & clove (optional)

Wet

½ cup mashed ripe banana (~118g; about 1 medium)
2 tbsp almond butter (32g)
1 tbsp + 2 tsp melted coconut oil (~23g; slightly reduced to balance moisture)
3 tbsp raw honey (63g)
1 tbsp blackstrap molasses (20g)
3 tbsp egg whites (≈1 egg white + 1 tbsp liquid egg white for structure)
2 tbsp almond milk (or milk of choice)
1 tsp vanilla extract (4.2g)

Directions:

Preheat oven to **325°F (163°C)**.

Line an **8x8-inch light-colored metal baking pan** with parchment paper and **lightly spray** it with nonstick spray or brush with neutral oil.

In a large bowl, whisk together all **dry ingredients**.

In another bowl, mash banana until smooth. Whisk in almond butter, coconut oil, honey, molasses, egg whites, almond milk, and vanilla until fully combined.

Add the wet mixture to the dry mixture and stir until just combined.

Spread evenly into the prepared pan. Bake for **22–24 minutes**. If top browns too quickly, tent loosely with foil at the 15-minute mark.

Visual cue: Top should be golden brown and a toothpick inserted into the center should come out with a few moist crumbs (not wet batter).

Let cool in the pan for at least **40 minutes** before slicing into 8 bars — they'll firm up as they set.

Nutrition (per bar)

Calories: ~243 kcal

Protein: ~11 g

Carbs: ~20 g

Fiber: ~5.7 g

Fat: ~14.3 g

Protein Pairing Options:

These bars are PF-approved on their own, but pairing them with a creamy side makes them a **complete, satisfying breakfast or snack** with 20–25g of protein.

Option 1 – Greek Yogurt Boost

1 bar + ½ cup nonfat Greek yogurt (≈12g protein)

Totals: ~303 kcal, ~23g protein, ~22g carbs, ~5.7g fiber, ~14.3g fat

Option 2 – Cottage Cheese Plate

1 bar + ½ cup low-fat cottage cheese (≈14g protein)

Totals: ~333 kcal, ~25g protein, ~24g carbs, ~7g fiber, ~14.5g fat