



Savage Plantain Protein Bread

Dense, naturally sweet plantain bread rebuilt with King Arthur Gluten Free 1:1 flour and a real protein hit from Legion's Banana Bread Whey+, built for a training schedule, not a bakery counter.

PREP

15 min

BAKE

50 min

YIELD

12 slices

PROTEIN/SLICE

~6g

INGREDIENTS

3 very ripe (spotted-to-black) plantains, mashed

3 large eggs

1/4 cup melted butter or coconut oil

1/4 cup honey or maple syrup (optional, reduce if you want it less sweet)

1 tsp vanilla extract

1 1/4 cup King Arthur Gluten Free Measure for Measure Flour

2 scoops

@legionathletics Whey+ Banana Bread protein (64g), code
PROFSAVAGE

1 tsp

baking soda

1/2 tsp

ground cinnamon

1/4 tsp

salt

DIRECTIONS

- 1** Preheat oven to 350°F. Grease a 9x5 loaf pan or line with parchment.
- 2** Mash plantains in a large bowl until mostly smooth. A few small lumps are fine.
- 3** Whisk in eggs, melted butter, honey, and vanilla until fully combined.
- 4** In a separate bowl, whisk together King Arthur GF 1:1 flour, Legion protein powder, baking soda, cinnamon, and salt.
- 5** Fold dry ingredients into wet just until combined. Don't overmix. Protein powder tightens the crumb fast if you work it too long.
- 6** Pour batter into the loaf pan and smooth the top.
- 7** Bake 45–55 minutes, until a toothpick comes out clean. Tent with foil around the 30-minute mark if the top is browning too fast.
- 8** Cool in the pan 10 minutes, then transfer to a rack to cool fully before slicing.

Why the swap works: King Arthur GF 1:1 already has xanthan gum built in for structure, so it tolerates protein powder better than straight starches. Capping the swap at 2 scoops (roughly a third of the dry mix) keeps the crumb tender. Going heavier on protein powder here will dry it out and turn it gummy.

NUTRITION, PER SLICE (EST.)

193 CALORIES	6g PROTEIN	30g CARBS	6g FAT
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Estimated from standard ingredient values and Legion Whey+ label data; based on a 12-slice loaf. Run it through your own nutrition calculator before publishing exact numbers.

@WORKINONMYSAVAGE

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