



FROSTED CHOCOLATE COLLAGEN BANANA BREAD

High-Protein / Collagen-Rich

Recipe by @feed.your.soul.sari and featured on MariGoldFoods.com

INGREDIENTS:

- 3/4 cup oat flour
- 1/3 cup almond flour
- 1/4 cup MariGold Hot Cocoa Collagen Peptides
- 2 tbsp cacao powder
- 1 tsp baking soda
- pinch of salt
- 1/8 tsp cinnamon
- 1/2 cup mini chocolate chips
- 1 1/2 cups mashed banana
- 1 flax egg
- 1/4 cup coconut oil melted
- 1/2 cup maple syrup
- 2 tbsp milk
- 1 tsp vanilla extract

For the chocolate frosting:

- 4 oz melted chocolate (unsweetened or 70-80% dark)
- 1/4 cup coconut oil, solid
- 1/4 cup maple syrup
- 1/2 cup almond butter
- 1/4 cup coconut milk
- pinch of salt
- 1 tsp vanilla extract

DIRECTIONS:

1. Preheat your oven to 350° F. Line a loaf pan with parch paper and spray with nonstick spray.
2. In a large bowl, whisk together the mashed bananas, milk, melted coconut oil, maple syrup, flax egg, and vanilla extract in a bowl.
3. In a separate bowl, whisk together the flours, collagen peptides, cacao powder, salt, cinnamon, baking soda, and mini chocolate chips. Pour this mixture into the wet ingredients and stir together combine.
4. Pour the batter into the prepared loaf pan. Bake for 45-55 minutes until a toothpick comes out clean. When the banana bread is done, let cool, then top with the frosting. Enjoy!

To make the frosting:

1. In a small saucepan, over medium heat, melt together the chocolate and coconut oil, stirring constantly. Remove from heat. Slowly add the maple and stir to incorporate. Let cool.
2. Transfer the chocolate mixture to a bowl and beat using an electric mixer. Add the almond butter with the speed on low, and beat until a thick frosting forms. Add the milk and stir until smooth (adjusting liquid if necessary).



Featuring MariGold
Hot Cocoa
Collagen Peptides Powder
(MariGoldFoods.com)

