

Cinnamon Swirl Protein Bread



cinnamon swirl protein bread I always enjoy Jamie Eason's Protein Bar recipes! So this week I decided to give this one a try because I love cinnamon and I really needed to switch things up a bit! So this is now my afternoon or morning snack with my cup of tea! Guilt free and complete because it has my complex carb and my protein in one meal! I hope you enjoy it as much as I do!!!

- 1/3 cup Ideal ([Xylitol](#))
- 2 tsp [cinnamon](#)
- 1 1/2 cups [oat flour](#) + 2 scoops [vanilla whey protein](#)
- 1 tbsp [baking powder](#)
- 1/2 tsp [salt](#)
- 1/2 cup Ideal ([Xylitol](#)) or ¼ cup Stevia in the Raw
- 2 [egg whites](#)
- 1 cup unsweetened almond milk (Almond Breeze)
- 1/3 cup or 1 4oz jar of [baby food applesauce](#) and ¼ cup [low sugar vanilla yogurt](#) (optional)
- Preheat oven to 350. Spray an 8 X 8 inch Pyrex dish with non-stick spray.
- In small bowl combine: (set aside)
 - 1/3 cup Ideal (Xylitol)
 - 2 tsp cinnamon
- 3. In a large bowl combine: (whisk together)
 - 1 1/2 cups oat flour + 2 scoops vanilla whey protein
 - 1 tbsp baking powder

- 1/2 tsp salt
 - 1/2 cup Ideal (Xylitol) or ¼ cup Stevia in the Raw
4. In a medium bowl combine: (whisk together & add to large bowl)
 - 2 egg whites
 - 1 cup unsweetened almond milk (Almond Breeze)
 - 1/3 cup or 1 4oz jar of baby food applesauce and ¼ cup low sugar vanilla yogurt (optional)
 5. Pour a shallow layer of batter into the loaf pan (about 1/4 of the batter).
 6. Sprinkle heavily with half of the cinnamon/sugar mixture. Repeat with remaining batter & cinnamon/sugar on top.
 7. Draw a knife through the batter to marble. Bake for 24 to 28 min. Let cool for 10 min. Bread will be dense.