Courtesy of Anna Sward @proteinpow.com

Coffee and Pecan Protein Bread!

Ingredients
Ground almonds 1/2 cup
Almond (or cashew nut) butter 2 tbsp
Large whole egg 1
Vanilla whey protein powder 1/4 cup
Brown rice syrup 2 tbsp (or granulated sweetener for a lower-carb option)
Freshly brewed espresso 2 tbsp
Applesauce 1 tbsp
Chopped pecans 1-3 tbsp (depending on desired taste)

Directions
1. Blend all ingredients except for the pecans in a food processor. Add pecans after blending in order to retain the crunchy texture.
2. Bake at 320 F (160 C) for 10-15 minutes, being careful not to exceed the 15-minute mark. Check on the baked good after 8 minutes, especially if you bake the batter in muffin cups! As soon as a knife comes out clean, remove your treat from the oven.
3. Enjoy with almond butter on top, or if you're a fan of icing, with some protein frosting. Just be sure to let the bread cool before you add the topping.

Nutrition Facts
Serving size: 1/3 of a loaf or 1 muffins
Recipe yields 3 servings

Calories 261
Fat 12 g
Carbs 17 g
Protein 15 g