



Cinnamon Swirl Protein Bread

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

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 1/4 cup Stevia in the Raw

In a medium bowl combine: (whisk together & add to lrg bowl)

2 egg whites

1 cup unsweetened almond milk (Almond Breeze)

1/3 cup or 1 4oz jar of baby food applesauce and 1/4 cup low sugar vanilla yogurt (optional)

Pour a shallow layer of batter into the loaf pan (about 1/4 of the batter).

Sprinkle heavily with half of the cinnamon/sugar mixture.

Repeat with remaining batter & cinnamon/sugar on top.

Draw a knife through the batter to marble.

Bake for 24 to 28 min. Let cool for 10 min. Bread will be dense.