Protein Bread
Courtesy of Proteinpow.com

Ingredients
- 5 egg whites
- 1/4 cup pumpkin puree (or cooked sweet potato!)
- 1/2 cup unflavored whey protein powder
- 1 tbsp quinoa flakes (or oats)
- 1/4 cup buckwheat flakes
- 1 tbsp coconut flour
- 1/2 cup milk (coconut milk, rice milk, or almond milk work best)
- 1 tsp baking powder
- 1 tsp sea salt

Directions
1. Preheat oven to 320 degrees F (160 C).
2. Using a handheld blender or mixer, blend together all the ingredients to create a smooth batter.
3. Pour batter into a small bread loaf tin (I use silicone), and bake it for about 40 minutes or until your knife comes out clean when you stab the bread.
4. Done!

Nutrition Facts
Per slice, recipe makes 10 slices
Calories: 54
Fat: 1 g
Carbs: 5.9 g
Protein: 5.4 g