



The Quick Bread Collection

Ah brunch! A delightful word that conjures visions of casseroles, fresh fruit, and sumptuous pastries. Trying to eat healthy at a family brunch and enjoy yourself if you're a competitor in prep or a healthy eater try to make a lifestyle change can be a real challenge. Thanks to these recipes though, you can have your coffee cake and eat it too! You can even share it with your friends and family (if you really want to share, of course, but these are soooooo good, you might want to keep them all to yourself)!

Please Note:

Although the instant oatmeal brand in these recipes is Trader Joes, you may substitute a similar variety from another brand if you wish (such as Quaker). Gram weights are provided so you can match your product with that which is listed. You may need to re-calculate macros depending on your chosen instant oatmeal brand.

Coffee Cake 36gC/4gF/25gP 270 calories
Banana Bread 44gC/3gF/25gP 300 calories
Pumpkin Bread 39gC/4gF/25gP 286 calories
Cinnamon Raisin Bread 47gC/4gF/25gP 315 calories
Carrot Cake 49gC/4gF/25gP 327 calories
Blueberry Bread 36gC/4gF/25gP 278 calories
Apple Cinnamon Bread 31gC/3gF/24gP 240 calories
Apple Cranberry Bread 47gC/3gF/24gP 294 calories

One slice? NO! One LOAF is a single serving so ENJOY!

These sweet treats feature the best protein powder in the industry supplied by Beverly International!



Coffee Cake 36gC/4gF/25gP 270 calories

1 pouch (43g) Trader Joe's Maple and Brown Sugar

Naturally Flavored Instant Oatmeal

½ tsp baking powder

29g (1scoop) Beverly International Muscle Provider Vanilla Protein Powder

3 packets Stevia in the Raw

apx 3 ounces water



Banana Bread 44gC/3gF/25gP 300 calories

1 pouch (43g) Trader Joe's Maple and Brown Sugar

Naturally Flavored Instant Oatmeal

½ tsp baking powder

29g (1scoop) Beverly International Muscle Provider Vanilla Protein Powder

3 packets Stevia in the Raw

apx 3 ounces water

1.4 ounces mashed banana



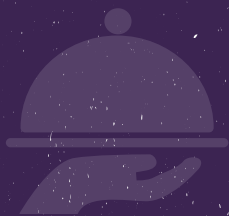
Carrot Cake 49gC/4gF/25gP 327 calories

- 1 pouch (43g) Trader Joe's Maple and Brown Sugar Naturally Flavored Instant Oatmeal
- ½ tsp baking powder
- 29g (1scoop) Beverly International Muscle Provider Vanilla Protein Powder
- 3 packets Stevia in the Raw
- apx 3 ounces water
- 1 mini box or 15g Sunmaid Raisins
- 1 ounce grated carrot
- ½ tsp Ground cinnamon



Blueberry Bread 36gC/4gF/25gP 278 calories

- 1 pouch (45g) Whole Grain Blueberry Instant Oatmeal w/ Flaxseed & Plant Sterols
- ½ tsp baking powder
- 29g (1scoop) Beverly International Muscle Provider Vanilla Protein Powder
- 3 packets Stevia in the Raw
- apx 3 ounces water
- 15g frozen wild blueberries



Pumpkin Bread 39gC/4gF/25gP 286 calories

1 pouch (43g) Trader Joe's Maple and Brown Sugar
Naturally Flavored Instant Oatmeal
½ tsp baking powder
29g (1scoop) Beverly International Muscle Provider Vanilla Protein Powder
3 packets Stevia in the Raw
apx 3 ounces water
1.4 ounces plain canned pumpkin (only pumpkin – no other ingredients)
½ tsp of pumpkin pie spice



Cinnamon Raisin Bread 47gC/4gF/25gP 315 calories

1 pouch (43g) Trader Joe's Maple and Brown Sugar
Naturally Flavored Instant Oatmeal
½ tsp baking powder
29g (1scoop) Beverly International Muscle Provider Vanilla Protein Powder
3 packets Stevia in the Raw
apx 3 ounces water
1 mini box Sunmaid Raisins
½ tsp ground cinnamon to mix in and then you can sprinkle
some on top if you like before baking



Apple Cinnamon Bread 31gC/3gF/24gP 240 calories

1 pouch (35g) Apples & Cinnamon Naturally Flavored Instant Oatmeal
½ tsp baking powder
29g (1scoop) Beverly International Muscle Provider Vanilla Protein Powder
3 packets Stevia in the Raw
apx 3 ounces water



Apple Cranberry Bread 47gC/3gF/24gP 294 calories

1 pouch (35g) Apples & Cinnamon Naturally Flavored Instant Oatmeal
½ tsp baking powder
29g (1scoop) Beverly International Muscle Provider Vanilla Protein Powder
3 packets Stevia in the Raw
apx 3 ounces water
15g Ocean Spray Craisins, chopped



Directions for all breads:

Preheat oven to 375 degrees.

Pulverize instant oatmeal in blender to make a flour consistency.

Mix all ingredients together (except for the breads containing raisins, blueberries, & craisins – wait to add these)

Grease small loaf pan with spray oil.

Pour in batter.

If the recipe calls for raisins, blueberries, or craisins, scatter fruit across the top of the batter.

Bake 18-22 minutes.

Quick bread is done when toothpick inserted comes out mostly dry with some crumbs.

Turn out of pan onto wire rack to cool or eat it fresh and hot from the oven!

These batters will be relatively runny. You can adjust water added to make batter thicker but you may need to adjust your baking time to prevent the bread from drying out in the oven. Dried fruits and blueberries will most likely sink to the bottom of the pan. If you want them more suspended through the bread, you can try adding them half-way through the baking time.

Quick Prep Tip Ideas:

Pre-measure and prep dry ingredients in advance and store in labeled baggies.

When ready to make a quick bread even faster, simply dump the contents of the baggie in a bowl and add water and any fresh ingredients.

Most whole bananas are going to weigh considerably more than 1.4 ounces.

Simply cut off, peel, and weigh small chunks of banana until you get to 1.4 ounces. Leave the remainder of the banana on your counter with peel intact. The banana will seal itself! When ready to use more or the rest of the banana, slice off the dried portion to reveal fresh banana!

Between the bunch of bananas and the can of pumpkin, there's a good chance the remainder of what you have would go bad using only 1.4 ounces at a time. You're in luck. Both ingredients freeze beautifully! Take your unused portions and put in a quart or gallon sized baggie. Smash bananas so they're flat in the baggie and in both instances, press out all the air and lay the contents flat in your freezer. Be sure to use a big enough baggie or divide portions of what you're freezing so that what gets frozen in the baggie is only about a quarter inch thick or it will be too hard to break off later when it's frozen. When ready to use again, simply break off the amount of pumpkin or banana that you need and thaw in the microwave for about 15-20 seconds. Use ingredient as you would if it had been fresh!