

# Raspberry Coconut Protein Loaf

## Ingredients:

For 12 Servings:

- 90g oats
- 128g almond flour
- 2 scoops vanilla whey protein powder
- 64g coconut sugar
- 105g coconut oil
- 4 eggs
- 46g shredded coconut
- 1 tbsp baking powder
- 60 ml unsweetened almond milk
- 190g fresh raspberries

This protein packed loaf is wonderfully seasonal with fresh summer fruits and lashings of tropical coconut - perfect with a mug of tea as a mid-afternoon nibble!

## Cooking method

- 1 Preheat your oven to 180C.
- 2 Grease and line a loaf tin.
- 3 Combine all the ingredients in a mixing bowl, being careful to stir the raspberries through gently.
- 4 Gently pour the mix into the tin and pop in the oven uncovered for 30 minutes.
- 5 To avoid the top browning too much, place tin foil over the loaf and bake for another 20-30 minutes until cooked through and a toothpick comes out clean.
- 6 This can last 1 week in an airtight container.

**Serves: 12**

**265**  
CALORIES

**10g**  
PROTEIN

**18g**  
CARBS

**12g**  
OF WHICH SUGARS

**17g**  
FATS

**9g**  
OF WHICH SAT FATS

**2g**  
FIBRE