



# Ashley's Meal Prep Monday!



## GF Coconut Sugar-Cinnamon Swirl Banana Bread

### INGREDIENTS

non stick spray - or  
 parchment paper  
 3 overripe bananas  
 1 1/4 cup unsweetened  
 almond milk  
 1/4 cup melted vegan butter  
 1/2 cup coconut sugar  
 1 TSP vanilla  
 2 TSP baking powder  
 1 TSP baking soda  
 2 cups GF flour (I used  
 Cup4Cup)  
 1 TBSP cinnamon

Topping:  
 3 TBSP coconut sugar  
 1 TBSP melted vegan butter



Preheat oven to 375 and spray a 9x5 pan or use parchment paper.

In a large bowl, use a fork to mash bananas. Add almond milk, melted butter, sugar, vanilla, baking powder and baking soda. Add in the flour and mix until a batter forms.

Spoon half of the batter evenly into the loaf pan. Sprinkle the cinnamon over the top of the batter and use a knife to swirl it a couple times. Then, pour remaining batter over the top evenly.

Add the topping: sprinkle the top of the batter with the sugar then drizzle the melted butter. Bake for 50-60 minutes.

RECIPE: LIGHT & EASY VEGAN BAKING - JILLIAN GLENN

CARTWRIGHT'S  
MARKET