

Ashley's Meal Prep Monday!



The Best Banana Nut Bread



INGREDIENTS

3 overripe mashed bananas
1 cup plant-based milk (I used cashew)
1/4 cup melted vegan butter
1/2 cup maple syrup
1 TSP vanilla
1 1/2 TSP baking powder
1 TSP baking soda
1 TSP cinnamon
1 cup quick oats
1 1/2 cups gluten free flour
1 up crushed walnuts

Preheat oven to 375. Spray a metal loaf pan with nonstick spray. In a mixing bowl, use a fork to mash the bananas. Add in the milk, butter, syrup, vanilla, baking powder, baking soda, and cinnamon and mix. Then add in the oats and flour and mix until batter is formed. Fold in the crushed walnuts.

Pour the batter into the metal loaf pan and then sprinkle the top with more crushed walnuts and quick oats. Bake for 45-50 minutes or until the bread is golden brown and completely done in the center.



Recipe: @peanutbutterandjilly.com

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