

Ashley's Meal Prep Monday!

Gingerbread Loaf with Maple Cashew Cream Cheese Frosting

INGREDIENTS

2 1/4 cups GF all-purpose flour
1/2 cup coconut sugar
2 TSP ground ginger
1 1/2 TSP cinnamon
1/4 TSP nutmeg
2 TSP baking powder
1/2 TSP baking soda
1/4 TSP sea salt
1 cup DF milk, room temp
(I used oat milk)
1/2 cup molasses
1/2 cup DF yogurt, room temp
1/4 cup avocado oil
1 TSP vanilla

Frosting:

1/2 cup DF cream
cheese, room temp
2 TBSP cashew butter
2 cup powdered sugar
(I used Swerve)
2 TBSP maple syrup

Preheat oven to 350 and grease a 9" loaf tin or use parchment paper. In a large bowl, whisk together oil, coconut sugar, cinnamon, nutmeg, baking powder/soda, and sea salt. Add in the flour, then pour in the DF milk as you whisk in the flour, being careful not to overmix the batter.

Pour the batter into the prepared loaf tin and place in the oven for 50-55 minutes - or until a toothpick comes out clean. Remove from the oven and allow the loaf to cool in the tin 15 minutes, then transfer to a cooling wrack to cool completely. Serve as is or prepare the frosting and frost when fully cool.

Frosting: Use a hand mixer to whip together the cream cheese, cashew butter, powdered sugar and syrup. Smear onto the loaf before slicing. Store in the fridge.



Recipe: thebananadiaries.com

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