



Ashley's Meal Prep Monday!



Maple Pecan Banana Bread with Cinnamon Cream Cheese Frosting

INGREDIENTS

- 3 overripe mashed bananas
- 1 cup non-dairy milk
- 1/2 cup melted butter
- 1/2 cup maple syrup
- 1/2 cup cane sugar
- 1 TSP vanilla
- 1 1/2 TSP baking powder
- 1 TSP baking soda
- 1/2 TSP cinnamon
- 2 cups GF flour
- 1 cup crushed pecans

Frosting:

- 2 TBSP soft butter
- 2 oz. cream cheese
- 3/4 cup powdered sugar
- 1/2 TSP cinnamon



Preheat the oven to 375. Spray a metal loaf pan with nonstick spray or use parchment paper. In a large 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 the flour and mix until a batter is formed. Fold in the crushed pecans - you could even use walnuts instead!

Transfer the batter into the loaf pan. Sprinkle the top with more nuts or oats for decoration. Bake for 45-50 minutes or until the banana bread is golden brown and done in the center.

To make frosting, use a hand mixer to mix the soft butter, cream cheese, powdered sugar, and cinnamon together. Spread over the banana loaf once it has cooled and enjoy!

I use a vegan butter and cream cheese to make this dairy free and the brand Swerve for powdered sugar*

Recipe: www.peanutbutterandjilly.com

