

# Ashley's Meal Prep Monday!

## Gingerbread Banana Bread

### INGREDIENTS

1 ½ cup mashed banana  
¾ cup coconut sugar  
½ cup avocado oil  
¼ cup molasses  
1 TSP vanilla  
½ TSP salt  
1 ½ cup GF flour  
2 TSP baking powder  
½ TSP baking soda  
2 ½ TSP cinnamon  
2 TSP ginger  
½ TSP all spice  
½ TSP nutmeg

#### Frosting:

½ cup vegan butter  
1 cup confectioners sugar  
1 ½ TSP vanilla  
1-2 TBSP almond milk

Preheat oven to 350 and line a bread loaf pan with parchment paper or spray with oil, then set aside.

In a large mixing bowl, mash the ripe bananas with a fork or using a hand mixer - mixing until almost no lumps show, it needs to be very runny for a moist texture.

Whisk in oil, molasses, vanilla, coconut sugar, salt, cinnamon, ginger, all spice and nutmeg. Whisk until smooth and combined. Fold in flour, baking powder, baking soda and stir with spatula until a smooth batter forms. Transfer to the prepared loaf pan.

Bake on center rack for 55-65 minutes. Let the bread cool down on a wire rack for a couple hours before slicing or decorating.

If adding frosting: In a med bowl and using a hand mixer, mix butter until smooth and fluffy. Add confectioners sugar, vanilla and 1-2 TBSP almond milk.

Mix on low speed before increasing. Mix until smooth spreadable frosting.

Recipe Idea:  
[theconsciousplantkitchen.com](http://theconsciousplantkitchen.com)

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