

Ashley's Meal Prep Monday!

Carrot Cake Bread w/ Maple Cream Cheese Frosting

INGREDIENTS

1 ½ cups almond flour
½ cup oat flour
1 TSP baking soda
2 TSP pumpkin pie spice
½ TSP salt
2 large eggs
½ cup maple syrup
½ cup avocado oil
1 TSP vanilla

1 ½ cups grated carrots
Opt: ½ cup chopped
walnuts/pecans

Frosting:

4 oz DF cream cheese
softened
2-3 TBSP maple syrup
1 TSP vanilla
1-3 TBSP almond milk
pinch
of salt

Preheat oven to 350. Line an 8x4 loaf pan with parchment paper or spray with avocado oil.

In a bowl, whisk almond flour, oat flour, baking soda, pumpkin pie spice and salt. In another bowl, whisk eggs, maple syrup, oil and vanilla until smooth. Stir wet ingredients into dry until combined.

Fold in grated carrots and nuts. Transfer to the pan and smooth the top. Bake for 45 minutes, until the cake has pulled away from the side of the pan and a toothpick comes out clean and allow to cool completely.

Whisk cream cheese, maple syrup, vanilla and salt until smooth, add almond milk until desired consistency and drizzle over cooled loaf. Enjoy!

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