



# Ashley's Meal Prep Monday!



## Cinnamon Roll Banana Bread

### INGREDIENTS

- 3 overripe mashed bananas
- 4 TBSP melted coconut oil
- ¼ cup maple syrup
- 1 cup almond or oat milk
- 1 TSP vanilla
- 1 ½ TSP baking powder
- 1 TSP baking soda
- 1 TSP cinnamon
- ¼ TSP salt
- 1 ½ cup GF flour
- 1 cup old fashioned rolled oat
- Topping: 4 TBSP melted coconut oil
- ¼ cup coconut sugar
- 2 TSP cinnamon

Preheat oven to 375 and grease a loaf pan or line with parchment paper. In a large bowl, mash bananas and add melted coconut oil, syrup, milk, vanilla, cinnamon, baking powder, baking soda and salt together. Add flour and oats and mix until a batter forms.

Transfer into the loaf pan. In a small bowl, make the cinnamon swirl by mixing melted coconut oil (you can also use butter), coconut sugar and cinnamon. Drizzle over the top of the banana bread batter and use a spoon to gently fold it in to create a swirl effect. Bake for 55-60 minutes, or until golden brown.

Frosting: Mix ¼ cup powdered sugar with 2 TBSP melted coconut oil and 2 oz softened cream cheese.

Drizzle over the loaf once it's cooled a little and enjoy while still warm.

Recipe idea: [peanutbutterandjilly.com](http://peanutbutterandjilly.com)

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