



Ashley's Meal Prep Monday!

Carrot Cake Banana Bread



INGREDIENTS

- 2 medium bananas, mashed
- 2 eggs, whisked
- ½ cup melted coconut oil
- ½ cup maple syrup
- 1 TSP vanilla
- 1 ½ cups GF flour
- 1 TSP baking soda
- ½ TSP salt
- ½ TSP cinnamon
- ¼ TSP nutmeg
- 1 cup grated carrots
- Optional: ½ cup chopped walnuts or pecans, raisins, chocolate chips, etc

Preheat oven to 350 and prepare a bread pan with nonstick spray or parchment paper. In a large bowl, whisk together mashed bananas and eggs. Add in oil, maple syrup and vanilla and stir until combined.

In a medium bowl, stir together flour, baking soda, salt, cinnamon and nutmeg. Add dry ingredients into wet and stir until combined. Add in grated carrots and other add-ins like nuts or raisins.

Pour into prepared bread pan and bake in the oven for 45-55 minutes or until a toothpick inserted comes out clean.

To sweeten this up, use a hand mixer and blend together 8oz softened cream cheese and 2 TBSP softened butter. Blend in 1 cup powdered sugar *I use Swerve* Then mix in ¼ TSP cinnamon and ½ TSP vanilla. When loaf is completely cool, ice the top and enjoy!

