

VEGAN BANANA CARROT BREAD WITH ICING

SERVES: 12 people

PREP TIME: 15 min

COOK TIME: 45 min



INGREDIENTS:

VEGAN BANANA CARROT BREAD

- 1 1/2 cups spelt flour (or whole wheat or brown flour)
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 2 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 cup shredded unsweetened coconut (optional)
- 1 1/4 cup shredded carrots
- 3/4 cup mashed banana (about 1 large banana)
- 1/2 cup pancake syrup (or pure maple syrup)
- 2 tsp vanilla extract
- 1/2 cup milk alternative of choice
- 1/4 cup unrefined coconut oil

CASHEW CREAM CHEESE ICING

- 1 cup raw cashews, soaked 2-3 hours or overnight and rinsed
- juice of 1 lemon (about 1/4 cup)
- 2 tablespoons pancake syrup (or pure maple syrup)
- 1-3 tablespoons milk alternative of choice
- 1 teaspoon vanilla extract
- pinch of salt
- 1/2 teaspoon cinnamon (optional)

METHOD:

1. Preheat the oven to 180°C. Lightly grease a loaf pan.
2. In a large bowl, combine the flour, baking powder, baking soda, salt, cinnamon, ginger and coconut. Sift together. Add the shredded carrots to the bowl (without stirring) then set aside.
3. In the bowl or a blender, combine the banana, syrup, vanilla extract and milk alternative. Blend on high until smooth. Alternatively, you can mash the banana by hand and combine the ingredients in a bowl. Try to get it as smooth as possible if not using a blender.
4. Pour the wet ingredients into the bowl with the dry. Add the melted coconut oil last, then stir everything together just until combined. Transfer the batter to the loaf pan and bake in the preheated oven for 45-50 minutes.

METHOD CONTINUES:

5. Make the icing by combining all of the ingredients in a high-speed blender and blend until smooth. Scrape down the sides in between blending.
6. Add more milk alternative, as needed, to thin and more salt or sweetener as desired.
7. Allow the loaf to cool for 30 minutes to an hour. Once cool, spoon the frosting on top. Sprinkle with chopped nuts and coconut.

Enjoy!

