



# Healthy Gingerbread Loaf

Recipe of the month: December

## Nutrition Facts

- Calories: 245kcal
- Protein: 5 grams
- Carbs: 41 grams
- Fat: 8 grams
- Fiber: 4 grams
- Sodium: 172 milligrams

## Quick Facts

- Total time: 55 minutes
- Serving size: 1 loaf (8 slices)

## Ingredients

- |  |  |
|--|--|
| <input type="checkbox"/> 1/4 cup molasses                                  | <input type="checkbox"/> 1 tsp baking powder   |
| <input type="checkbox"/> 1/4 cup maple syrup                               | <input type="checkbox"/> 1 tsp baking soda     |
| <input type="checkbox"/> 1 cup applesauce, unsweetened                     | <input type="checkbox"/> 1 tbsp ground ginger  |
| <input type="checkbox"/> 1 egg   | <input type="checkbox"/> 2 tsp ground cinnamon |
| <input type="checkbox"/> 1/4 cup coconut oil, melted + cooled to room temp | <input type="checkbox"/> 1/2 tsp ground nutmeg |
| <input type="checkbox"/> 1/2 cup almond milk                               | <input type="checkbox"/> 1/4 tsp ground cloves |
| <input type="checkbox"/> 2 cups Bob's Red Mill Whole Wheat Flour           |  |

## Instructions

1. Preheat oven to 350 degrees and prepare a greased 8x4 loaf pan.
2. In a bowl, mix molasses, maple syrup, applesauce, egg, almond milk, + coconut oil until smooth.
3. Add whole wheat flour, baking powder, baking soda, and spices. Mix until combined.
4. Pour batter into a greased 8x4 loaf pan. Bake for 40 -45 minutes until a toothpick or cake tester comes out completely clean when inserted in the center of the bread.
5. Allow the bread to cool for 30 minutes before removing it from the pan. Store in an airtight container in the refrigerator to maintain freshness.

Bon Appetit!