



Healthy Gingerbread Loaf

By Olena Osipov

Prep Time: 8 minutes

Cook Time: 45 minutes

Total Time: 53 minutes

Servings: 12 slices

Calories: 171 kcal

Ingredients

- 2 cups spelt or whole wheat flour
- 1 tbsp ginger
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 2 eggs large
- 1 cup applesauce unsweetened
- 1/4 cup molasses
- 1/4 cup maple syrup or honey + more for glazing
- 3 tbsp avocado oil
- 1 tsp pure vanilla extract
- Cooking spray I use Misto

Instructions

1. Preheat oven to 350 degrees F, line 9 x 5 loaf pan with unbleached parchment paper and spray with cooking spray.
2. In a medium bowl, add flour, ginger, cinnamon, nutmeg, baking powder + soda, and salt; whisk well to combine.
3. In another medium bowl, whisk eggs for 10 seconds. Add applesauce, molasses, maple syrup, oil and vanilla; whisk until mixed well.
4. Pour into a bowl with dry ingredients and mix with spatula gently, just enough to combine or until you see no more white flour pockets. Do not stir vigorously or over mix.
5. Pour into prepared loaf pan and bake for 45 minutes or until toothpick inserted comes out clean. Remove from the oven, let cool for 5 minutes and transfer to a cooling rack to cool off for 1 hour.