

# Gingerbread Banana Bread

Yield: 11 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/sarah-s-banana-bread-muffins-recipes>

## Ingredients:

- 1 3/4 cups mashed banana
- 1 1/2 teaspoons pure vanilla extract
- 1/3 cup milk choice OR oil
- 1/4 cup pure maple syrup agave, or honey
- 1/4 cup molasses – blackstrap or regular
- 1 1/2 tablespoons vinegar
- 1 teaspoon baking soda
- 2 1/2 teaspoons canela
- 2 teaspoons ground ginger
- 1/2 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg
- 3/4 teaspoon baking powder each:, and salt
- 2 cups spelt white, or bob's gf flour, 260g
- 1 pinch stevia or 3 tbsp sugar for more of a dessert bread, optional
- 1/2 cup raisins or crushed walnuts, optional

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 41 grams
3. Fat: 2 grams
4. Fiber: 3 grams
5. Protein: 5 grams
6. Sodium: 160 milligrams
7. Sugar: 15 grams

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