

VEGAN & GLUTEN-FREE DESERT BREADS

MIX & MATCH



***use organic ingredients when possible**

This gluten free/vegan recipe is incredibly versatile, making it easy to whip-up what your tastebuds are craving with whatever you already have in your frig/pantry.

Get creative:

- banana nut
- warm pumpkin spice
- apple/cinnamon
- lemon poppyseed
- orange/cranberry
- coconut/dark chocolate

Here are complete recipes for some inspiration:

- [banana nut bread](#)
- [pumpkin bread](#)

1. BASIC DOUGH-COMBINE IN LARGE MIXING BOWL

- 1 Cup fruit puree of choice like pumpkin or banana
- ¾ Cup organic maple syrup grade B or coconut sugar
- ½ Cup organic unsweetened apple sauce
- 1/2 Cup organic yogurt plain or vanilla (greek, nut, non-dairy)
- ¼ Cup almond milk (More If Needed)
- 3 Tbs organic coconut oil
- 2 Tsp organic vanilla

- ½ Cup oat flour or flour of choice
- ½ Cup organic coconut flour or flour of choice
- ½ Cup organic quinoa flour or almond flour or flour of choice
- 1 ½ Tsp baking powder
- 1/2 Tsp baking soda
- 1/2 Tsp pink salt

2. STIR-IN DESIRED FLAVORS. HERE'S SOME IDEAS:

- 1 Tsp cinnamon
- 1/2 Tsp nutmeg
- 1 Tsp orange/lemon zest
- 1 Tbs lemon/orange juice
- 1 Tsp Extract (coconut, almond, orange, vanilla, etc.)

3. FOLD IN "ADD-INS" OF CHOICE LIKE:

- 1/2 Cup Nuts (walnuts, pecans, hazelnut, etc.)
- 1/4 Cup Seeds (flax, chia, hemp, poppy, etc)
- 1/2 Cup Chips (dark chocolate, vegan, etc.)
- 1/2-3/4 Cup Berries (fold in blueberries, cranberries, apples, etc.)
- 1/2-3/4 Cup Veggies (zucchini, carrots, etc)

4. BAKE AT 350 FOR 55-65 MINUTES-OR UNTIL KNIFE COMES OUT CLEAN.