

Carrot Super-Quick Bread

Makes One Loaf



Loaf Ingredients

1 ½ cups all-purpose flour
1 teaspoon baking powder
¾ teaspoon baking soda
¼ teaspoon sea salt
1 teaspoon ground cinnamon
½ teaspoon ground ginger
¼ teaspoon ground nutmeg
½ avocado oil
2 large eggs
1 cup brown sugar, packed
⅓ cup unsweetened applesauce
1 teaspoon pure vanilla extract
1 ½ cups peeled and shredded carrots (about 3 large carrots)
1 cup chopped walnuts or pecans, *optional*

Frosting Ingredients

4 ounces cream cheese, softened
2 tablespoons unsalted butter, at room temperature
1 cup confectioners' sugar
½ teaspoon pure vanilla extract
¼ teaspoon ground cinnamon
Pinch of sea salt

**to make the frosting, add the ingredients to a medium-sized bowl. Whisk well until there are no lumps.*

Steps

1. Preheat the oven to 350°F and lightly spray a 8" x 4" loaf pan with nonstick spray or line with parchment paper.
2. In a large bowl whisk together the flour, baking powder, baking soda, salt and cinnamon. Whisk in the oil, eggs, brown sugar, applesauce, vanilla and carrots until just combined. If using, fold-in the nuts.
3. Spread the batter into the prepared loaf pan. Bake for 55-65 minutes. Check to see if a toothpick inserted in the center comes out clean and the top springs back to the touch. Remove from the oven and allow to cool completely before spreading the frosting over the loaf and serving.