

# Selah V. Fitness - Recipes

## GLUTEN FREE GINGERBREAD LOAF

### INGREDIENTS

2 c. Trader Joes gluten free flour  
1/4 c. NuNaturals Stevia Baking Blend  
1 tsp. baking soda  
1/2 tsp. salt  
1 1/2 tsp. ginger  
1 tsp. cinnamon  
1/4 tsp. cloves  
1/4 tsp. nutmeg  
1/4 c. unsalted coconut oil, melted  
1/4 c. unsweetened applesauce  
3/4 c. molasses  
1/4 c. water  
1 egg or vegan egg substitute  
1 c. unsweetened almond milk  
1 Tbsp. apple cider vinegar

### DIRECTIONS

Preheat the oven to 350°F. Grease and flour a 9"x5" loaf pan.

Whisk together the flour, sugar, baking soda, salt, ginger, cinnamon, cloves, and nutmeg in a large bowl. Combine the melted coconut oil and molasses in a separate bowl, then pour into the dry ingredients and mix until completely incorporated.

Add the water and stir until smooth. Combine the almond milk and the apple cider vinegar in a separate bowl, then let sit for a few minutes. Add the egg or egg substitute, then pour into the batter and stir until combined.

Pour the batter into the prepared loaf pan and bake for 40-50 minutes, or until a toothpick inserted in the center of the loaf comes out clean. Cool in the pan 10 minutes before transferring to a wire rack. Cool completely before frosting.

# **SUGAR FREE VEGAN MAPLE CREAM CHEESE FROSTING**

## INGREDIENTS

6 ounces Tofutti Cream Cheese  
1 1/2 c. powdered Erythritol (I use the one by Sensato)  
2 Tbsp. Joseph's sugar free maple syrup  
1 Tbsp. almond milk

## DIRECTIONS

To make the frosting: Use a hand mixer to beat together the cream cheese and the powdered sugar about 1/2 cup at a time, beating at low speed after each addition. Once the sugar is totally incorporated, add the maple syrup and milk. Beat the frosting for 1-2 minutes, or until smooth. You can adjust the thickness of the frosting by adding more powdered sugar (if you want it to be thicker) or more milk (if you want it to be thinner).