

Gingerbread, Yum, Yum, Yum!

Great for the holidays. Ginger is a healing root and aids in digestion.

Categories

Yields: 10 servings

Preparation time: 16 mins

Cooking time: 55 mins

Category: Desserts

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

White whole wheat flour	3 cups
Egg replacer	2 x 1 tbsp
Ginger root, raw	7 tablespoons
Crystallized ginger	6 x 1 tsp
Walnuts	1 cup
Maple syrup	1 cup
Almond milk, plain or original, unsweetened	4 ounces
Baking soda	3 grams
Allspice, ground	1 teaspoon
Baking powder	3 teaspoons
Apple sauce, apple	1 x 4 ounces
Cinnamon, ground	1 teaspoon
Nutmeg	1 teaspoon
Cloves, ground	1 gram
Cider vinegar	1 tablespoon

Instructions

- 1) Preheat oven to 350 F.
- 2) Prepare the egg replacer and let sit per package directions.
- 3) Grate the ginger root.
- 4) In a large bowl, stir all the dry ingredients.
- 5) Add all the wet ingredients.

- 6) Mix lightly but thoroughly.
- 7) Spoon batter into a lightly oiled loaf pan.
- 8) Bake for about 50-55 minutes. Test with the knife to see if it's completely baked.
- 9) Let cool for about 1 hour.
- 10) Enjoy! (Maybe topped vegan whipped cream.)