

CHAI-SPICED BANANA NUT BREAD WITH CASHEW CREMA GLAZE



TIME REQUIRED

~1 hr 15 min

SERVING

8–10 slices

INGREDIENTS

FOR THE BREAD

- 1 $\frac{3}{4}$ cups Einkorn flour (or gluten-free 1:1 baking blend)
- 1 tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp fine sea salt
- 1 tsp ground cinnamon
- $\frac{1}{2}$ tsp ground cardamom
- $\frac{1}{4}$ tsp ground nutmeg
- $\frac{1}{4}$ tsp ground ginger
- 1 pinch ground cloves
- 1 cup very ripe mashed bananas (about 2 large)
- $\frac{1}{4}$ cup unsweetened applesauce
- $\frac{1}{4}$ cup pure maple syrup (or 3–4 pitted dates, blended with 2 tbsp water)
- $\frac{1}{4}$ cup unsweetened almond milk (or other non-dairy milk)
- 1 tsp vanilla extract
- 1 flax egg (1 tbsp ground flaxseed + 3 tbsp warm water, let gel 5 min)
- $\frac{1}{2}$ cup chopped walnuts or pecans, lightly toasted

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INGREDIENTS

FOR THE CHAI SWIRL

- 2 tbsp maple syrup
- 1 tbsp unsweetened applesauce
- 1 tsp cinnamon
- ½ tsp chai spice blend (or extra cinnamon + pinch each of cardamom, ginger, and nutmeg)

FOR THE CASHEW CREMA GLAZE

- ½ cup raw cashews, soaked 2–4 hrs or in boiling water 20 min
- 2 tbsp pure maple syrup (or 1–2 pitted dates)
- 1 tbsp fresh lemon juice
- 1 tsp vanilla extract
- ¼ cup water, or more as needed for drizzling consistency

STEPS

1. PREPARE THE BATTER

- Preheat oven to 350°F (175°C). Lightly oil or line a loaf pan with parchment paper.
- In a small bowl, mix flaxseed + warm water; set aside to thicken.
- In a large bowl, whisk together flour, baking powder, baking soda, salt, and spices.
- In a separate bowl, mash the bananas and stir in applesauce, maple syrup, almond milk, vanilla, and flax egg.
- Gently fold the dry ingredients into the wet – mix until just combined.
- Fold in toasted nuts.

2. CREATE THE CHAI SWIRL

- In a small bowl, mix together the swirl ingredients until smooth.
- Pour half the banana batter into the loaf pan.
- Spoon half the chai swirl over it and gently drag a knife through to marble.
- Repeat with remaining batter and swirl on top.

3. BAKE

- Bake 50–55 minutes, until a toothpick inserted in the center comes out clean.
- Cool in the pan for 10–15 minutes, then transfer to a wire rack.

4. MAKE THE CASHEW CREMA GLAZE

- Drain and rinse soaked cashews.
- Blend all glaze ingredients until silky smooth. Add water 1 tbsp at a time for desired consistency.
- Drizzle over the cooled loaf just before serving.

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BAKING TIPS

(Especially for Einkorn Flour)

Do not overmix. Einkorn has fragile gluten; mix just until no streaks remain.

Expect a slightly denser texture – that's normal for ancient grains.

Moisture from bananas balances this.

Storage: Wrap and refrigerate up to 5 days or freeze slices individually.

PS

This chai-spiced banana nut bread is pure comfort – warm, aromatic, and moist, with just the right hint of sweetness. The Einkorn flour gives a buttery richness, while the cashew crema glaze adds a light, elegant finish without refined sugar or dairy. Every bite feels like a celebration – nourishing the body and delighting the taste buds.