



# Ashley's Meal Prep Monday!



## Healthy Blueberry Oat Cake

*Dairy/ Gluten Free!*

### INGREDIENTS

Dry: 2 cups oat flour  
2 TSP baking powder  
1/2 TSP cinnamon  
1/2 TSP salt

Wet: 1 large egg  
1/3 cup honey  
1/4 cup coconut oil,  
room temp  
1/2 TSP lemon zest  
1/2 TSP vanilla  
1 3/4 cup blueberries

Topping: 1/4 cup oat flour  
1/4 cup chopped walnuts  
2 TBSP maple syrup  
1 TBSP coconut oil,  
room temp

Combine topping ingredients in a bowl and mix with a fork - should resemble wet sand. Place in fridge until ready to use. Preheat oven to 350 and grease a 9" pan/dish. Add all of the dry ingredients to a large bowl and whisk. Add all of the wet ingredients, except the blueberries. Mix well - it will be thick! Add blue berries and use a silicone spatula to fold in gently.

Once blueberries are folded in, pour batter into pan/dish. You may need to press down into place if really thick. If your mixture is runny, add 1 TBSP of oat flour and wait 5 minutes for it to thicken.

Sprinkle topping on top of cake. Place cake in middle rack of the oven for 35-40 minutes, until top is golden brown. Allow to cool a few minutes before enjoying!



**CARTWRIGHT'S**  
**MARKET**

RECIPE: [THEGRANOLADIARIES.COM](http://THEGRANOLADIARIES.COM)