



Ashley's Meal Prep Monday!



Lemon Blueberry Coffee Cake

INGREDIENTS

Crumb topping:

1 cup almond flour
1/4 cup coconut sugar
3 1/2 TBSP coconut oil

Cake:

3 cups almond flour
1/4 cup coconut flour
1/2 TSP baking soda
2 TSP baking powder
1/2 TSP salt
1/2 cup coconut oil
3/4 cup coconut sugar
3 eggs room temp
1 TSP vanilla
1/2 cup almond milk
zest of 1 lemon

1 1/4 cups blueberries

Glaze (Optional):

1/4 cup coconut butter
2 TBSP honey
3 TBSP lemon juice

Preheat oven to 325 and line a 9x9 pan with parchment paper and set aside. In a small shallow bowl, combine the almond flour, coconut sugar and coconut oil to make the crumb topping. Set aside.

In a medium bowl, combine almond flour, coconut flour, baking soda/powder, salt and mix well. In a large bowl, combine coconut oil and coconut sugar until well mixed. Add in the eggs and mix until smooth. Add in vanilla, almond milk and lemon zest and stir.

Add the dry ingredients to the wet ingredients and mix well. Gently fold in half of the blueberries. Pour into prepared pan and top with remaining blueberries. Then top with crumb mixture. Bake for 40-45 minutes, until a toothpick comes out of the center clean. Let cool. Make the glaze by combining coconut butter, honey and lemon juice in a small bowl and mix well. Drizzle over cooled cake.

Recipe: www.realfoodwithjessica.com

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