



Ashley's Meal Prep Monday!



Protein Pumpkin Snickerdoodle Blondies

INGREDIENTS

1/4 cup pumpkin puree
1/3 cup vanilla protein powder
1/4 cup melted coconut oil
splash of vanilla
1 egg
1 1/3 cup almond flour
1/3 cup coconut sugar
1 TSP pumpkin pie spice
1/4 TSP baking soda
1/2 TSP baking powder
pinch of salt

Topping:
1/2 TSP cinnamon
1 TBSP coconut sugar

Preheat oven to 350 and line an 8x8 pan with parchment paper. Mix together the wet ingredients until smooth. Add in the sugar and dry ingredients and mix until well combined.

Spread into the pan evenly. Mix together the topping ingredients and sprinkle evenly across the pan. Bake for 20 minutes and let cool before slicing and enjoying!



Recipe: hopeandhummus.com

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