



# Ashley's Meal Prep Monday!



## Gingerbread Cake Bars (DF/GF)

### INGREDIENTS

1/4 cup coconut oil, melted and cooled

1/4 cup maple syrup

1/4 cup molasses

1 egg at room temp

1 TSP vanilla

1/2 cup unsweetend almond milk

1 cup oat flour

1 cup packed almond flour

1 TSP ground ginger

1 TP cinnamon

1/2 TSP allspice

1/4 TSP salt

### Frosting:

1/4 cup vegan butter

4 ounces vegan cream cheese,

(both at room temp)

1 cup powdered sugar

1 TSP vanilla

Preheat oven to 350 and line an 8x8 inch pan with parchment paper. In a large bowl, whisk together coconut oil, syrup, molasses, egg, vanilla and almond milk.

Add in oat and almond flour, baking powder, ginger, cinnamon, allspice and salt. Mix until batter is smooth and combined. Pour into prepared pan and smooth top with a spatula. Bake for 15-20 minutes, or until toothpick comes out clean. Allow to completely cool.



Frosting: Add butter and cream cheese to a bowl and mix with electric mixer on high. Add powdered sugar and vanilla, mix on medium speed until combined. Add a TBSP milk if you want it creamier. Frost cooled cake and sprinkle with cinnamon.

Recipe: [ambitiouskitchen.com](http://ambitiouskitchen.com)

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