

Ashley's Meal Prep Monday!

Apple Cake Bars with Cinnamon Cream Cheese Frosting

INGREDIENTS

1/2 cup unsweetened applesauce
1/3 cup melted vegan butter
1 cup unsweetened almond milk
1/2 cup coconut sugar
1 TSP vanilla
1 TSP baking powder
1 TSP baking soda
2 TBSP apple cider vinegar
pinch of salt
2 TBSP maple syrup
1 TSP cinnamon
1/4 TSP nutmeg
1/8 TSP cloves
1 1/2 cups GF all purpose flour
1/2 cup rolled oats

Frosting:

1 cup powdered sugar
4 oz vegan cream cheese
4 TBSP melted vegan butter
1 TSP cinnamon

Preheat oven to 350. Line 10 to 12 inch baking dish with parchment paper, or use baking spray.

In a large bowl, mix all of the ingredients except for the flour and oats. Once the combination is well mixed, add in the flour and oats and mix until a silky batter is formed. Pour the batter into the lined baking pan and bake for 30 minutes.

Allow the cake to cool then lift the paper and cake out gently. If you greased the pan, allow to cool in the pan and leave it there.

Use an electric hand mixer to mix the vegan cream cheese, melted butter, powdered sugar and cinnamon together to make the frosting. Frost the apple cake and cut into bars to enjoy warm or cool.



Recipe: peanutbutterandjilly.com

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