



Ashley's Meal Prep Monday!



INGREDIENTS

1 cup pumpkin puree
1/3 cup coconut milk
1 TSP vanilla
4 TBSP melted and cooled
coconut oil
1 1/4 cups GF flour
1 cup coconut sugar
1/2 TSP baking powder
1/2 TSP baking soda
2 TSP pumpkin pie spice
1 TSP cinnamon
1 TSP salt

Topping:

1/2 cup GF flour
1/4 cup coconut sugar
3 TSP cinnamon
1/3 cup solidified coconut
oil

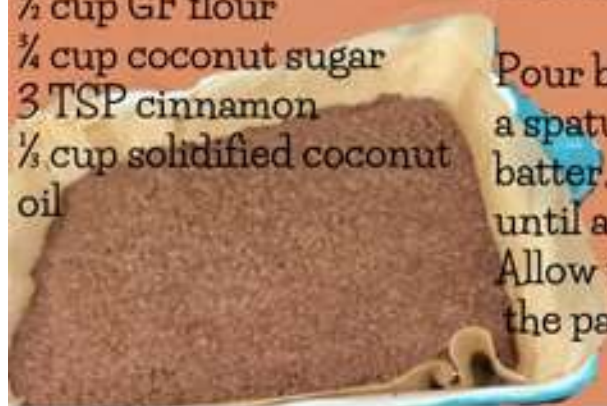
Pumpkin Coffee Cake

Preheat oven to 350 and spray or line an 8x8 inch baking dish with parchment paper. In large bowl, whisk together pumpkin puree, coconut milk, vanilla, and melted coconut oil until combined. In a separate bowl, sift together the GF flour, coconut sugar, baking powder, baking soda, pumpkin pie spice, cinnamon and salt.

Slowly add the dry ingredients to the wet, mixing until just combined and careful to not overmix. Batter should be smooth and lump-free, but still light.

Topping: combine flour, coconut sugar, and cinnamon in a small bowl. Add solidified coconut oil and use a fork to mix until crumbly - coarse crumbs/sand.

Pour batter into prepared dish, spreading out evenly with a spatula. Sprinkle crumble topping evenly over the batter, covering entire surface. Bake for 35-40 minutes, until a toothpick inserted in center comes out clean. Allow to cool at least 10 minutes in the pan before serving.



Recipe Idea: rachlmansfield.com

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