



Ashley's Meal Prep Monday!



Banana Cake

INGREDIENTS

3 overripe bananas
12 medjool dates
1/3 cup oil
3 eggs
2 TSP vanilla
1 1/2 cups almond flour
1 1/2 cups oat flour
1 1/2 TSP baking soda
1 1/2 TSP baking powder
1/2 TSP cinnamon
1/2 TSP salt

Preheat oven to 350. Cover dates with 3/4 cup boiling water and let sit and soften for 10 minutes. Add softened dates to a blender with bananas and the water the dates were soaked in. Blend until smooth then transfer to a large mixing bowl.

Add oil, eggs and vanilla to the mixture and whisk until smooth. Fold in almond flour, oat flour, baking soda, baking powder, cinnamon and salt and mix until smooth.

Transfer to a greased and/or parchment lined 9x9 baking dish and bake for 45-ish minutes or until a toothpick comes out clean. Allow to cool before removing.

Topping: combine 3 TBSP coconut sugar and 1 TSP cinnamon and sprinkle on top before baking.

Frosting: 1/2 cup confectioners sugar and 1 TBSP oat milk. Whisk until

smooth and drizzle over cake before slicing



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