



Ashley's Meal Prep Monday!

Carrot, Zucchini, Blueberry Cake



INGREDIENTS

1 cup shredded zucchini,
squeezed to remove
excess liquid
½ cup shredded carrots
¾ cup blueberries
1 ¼ cup GF flour
½ almond flour
⅓ cup maple syrup
¼ cup coconut sugar OR
date sugar
¼ cup avocado oil
2 large eggs
1 TSP vanilla
½ TSP cinnamon
1 TSP baking powder
½ TSP baking soda
½ TSP salt



Preheat oven to 350 and line an 8-inch square baking pan with parchment paper.

In a large bowl, whisk together maple syrup, coconut/date sugar, avocado oil, eggs and vanilla until smooth. Add flour, almond flour, cinnamon, baking powder, baking soda, and salt. Stir until just combined.

Fold in the zucchini, carrots, and blueberries - careful not to over mix. Spread batter evenly in prepared pan. Bake for 28-30 min. until center is set and a toothpick comes out clean.

Let cool in the pan for 15 minutes then place on a wire rack to cool completely.

Recipe idea: @OliviaAdriance

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