Ashley's Meal Prep Monday!

Pumpkin Coffee Cake

INGREDIENTS

1 ½ cup oat flour
1 cup almond flour, packed
1 ½ TSP baking powder
½ TSP baking soda
¼ TSP salt
2 TSP pumpkin pie spice
1 cup pumpkin
2 eggs
⅓ cup maple syurp
¼ cup melted coconut oil
1 TSP vanilla
Topping:
¼ cup oat flour
3 TBSP coconut sugar
2 TBSP coconut oil or butter
1 TSP cinnamon
pinch of salt

Make the crumble topping by mixing together the oat flour, coconut sugar, coconut oil/butter, cinnamon and salt - using a fork to push the oil or butter into the mixture. Place in the fridge.

Preheat oven to 350. In a large bowl, mix together oat and almond flour, baking soda, baking powder, pumpkin pie spice an salt. In a separate bowl, mix the pumpkin, eggs, maple syrup, oil and vanilla and mix until smooth. Pour the dry ingredients in and mix gently.

Pour the batter into a parchment lined 8x8 baking dish and sprinkle with the crumble topping. Bake for 30-35 minutes, until the top is firm to touch and a toothpick comes out clean. Let cool before slicing.

Recipe idea: nourishedbynutrition.com

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