



Ashley's Meal Prep Monday!

Blueberry Protein Upside Down Cakes



INGREDIENTS

1 1/2 cups GF flour
3/4 cup coconut sugar
1 TSP baking soda
1/2 TSP salt
1 or 2 servings of vanilla protein powder
1 1/2 TSP vanilla
5 TBSP applesauce
1 TSP apple cider vinegar
1 cup water
1 cup blueberries
coconut sugar for dusting

Preheat oven to 350. Prepare a 12 cup muffin pan by greasing or using paper cups or even a silicone pan. Sprinkle a small amount of coconut sugar at the bottom of each muffin cup. Spread it out so the entire bottom has a light dusting.

Add the blueberries, about 1 TBSP per cup. The entire bottom of the muffin cup should be covered in a layer.

In a mixing bowl, combine the dry ingredients, flour, salt, baking soda, coconut sugar and protein powder - you can omit the protein powder. Then add in the wet ingredients and stir until combined.

Pour about 1/4 cup or more batter into each muffin cup and bake for 25 minutes. Let the cakes cool and then flip them over and serve. I even drizzled peanut butter on the top.



Recipe: domeniquetrupia.com

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