



Ashley's Meal Prep Monday!



Applesauce Cake

INGREDIENTS

1 cup unsweetened applesauce

1 1/2 cups self-rising flour

1/3 cup melted coconut oil

2/3 cup coconut sugar

2 TSP cinnamon

Cinnamon swirl:
3 TBSP unsweetened applesauce

3 TBSP coconut sugar

1 TSP cinnamon

Preheat oven to 350. Line an 8 x 8 baking dish with parchment paper or spray with oil and set aside.

In a mixing bowl, add applesauce, coconut sugar, cinnamon and coconut oil. Whisk to combine. Fold in the flour and use a rubber spatula to stir and form a thick smooth cake batter. Pour the batter into the prepared dish in a single layer and set aside.

In another small bowl, prepare the cinnamon applesauce swirl. Stir applesauce, cinnamon and coconut sugar until it forms a dark syrup. Drop dollops of the syrup on top of the cake batter and swirl in using a spoon.

Bake the cake on the center rack of the oven for 30-35 minutes until a toothpick in the center comes out clean. Let cool before serving.



Recipe: theconsciousplantkitchen.com

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