

Apple Carrot Snack Cake

(and optional glaze)

Ingredients

1 Tbsp flaxseed meal

1/2 Tbsp psyllium husk

3 Tbsp water

1/4 cup olive oil (if avoiding oil, try subbing a little nut butter or applesauce)

1/3 cup mashed very ripe banana

1/4 cup maple syrup

1/2 cup brown sugar (or sub coconut sugar, but it's not as sweet and the texture may be more dense)

1/2 tsp sea salt

1/2 tsp ground cinnamon

1/2 cup plain unsweetened almond milk (or other dairy-free milk)

1 heaping cup (packed) grated carrot

1/2 cup finely grated apple

2/3 cup gluten-free rolled oats (you can up the protein content by using quinoa flakes instead)

1.5 tsp baking soda

1/2 cup almond meal or oat flour

1 heaping cup gluten-free flour blend

1/4 cup raw chopped walnuts (optional)

Instructions

Preheat oven to 375 degrees F (190 C) and grease a 8 x 8 inch baking dish or similar size pan.

1. Mix the ground flax seed, psyllium husk and water and let sit for a few minutes. Then whisk in the olive oil, mashed banana, and maple syrup. Next add brown sugar, salt, and cinnamon and whisk to combine.

2. Add almond milk and stir. Then add grated carrot 3. and apple and stir.

3. Add oats, baking soda, almond meal (or flour), and gluten-free flour blend and stir to combine. You should have a thick but pourable batter - add more almond milk to thin if needed or more gluten-free flour or almond meal to thicken.

4. Pour into prepared baking dish and top with crushed walnuts. Bake for 40-45 minutes on a center rack or until deep golden brown and a toothpick inserted into the center comes out clean. When you press on the top, it shouldn't feel too spongy, so don't be afraid of over-baking! The GF blend just takes longer to bake than glutenous cakes.

5. Remove from oven and let rest in the pan for 15 minutes. Then gently lift out of the pan and let cool completely on a wire baking rack or flat surface. The longer it cools, the more airy and light the cake becomes.

Glaze (optional)

Juice of 1 lemon (3 Tbsp)

3 Tbsp sugar

Mix the sugar and lemon juice in a small pot and heat on medium heat, stirring until the sugar granules are melted and the glaze thickens a bit.

Once the cake has cooled, take it out of the pan and poke holes in it with a fork and drizzle the glaze over it.