Berry Oat Cake

Source: Robyn Engman, RD

About the Recipe

147 Calories · 3.4 g Protein · 4 g Fiber
Dessert
Nut-free · Soy-free

Ingredients

Makes 9 Servings

- 1 1/2 tbsp ground flaxseed + 3 tbsp water (flax “egg”)
- 1 cup quick or whole oats
- 1 cup whole wheat flour
- 1/2 cup sugar
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp salt
- 1 1/4 cup mixed frozen berries, divided
- 1/2 cup water
- 1 tbsp lemon juice
- 1/3 cup unsweetened applesauce
- 1 tsp vanilla extract
- powdered sugar, for dusting **optional*

Directions

1. Preheat oven to 350°F. Line an 8 x 8-inch baking pan with parchment paper.
2. Mix the flaxseed with 3 tbsp water in a small bowl and set aside to thicken.

3. Blend the oats into a fine flour. In a large bowl, combine oat flour, whole wheat flour, sugar, baking powder, baking soda, cinnamon, ginger, and salt. Stir in 1/4 cup of the berries.
4. In a blender, pulse the remaining 1 cup berries with 1/2 cup water until roughly chopped. Make a well in the center of the dry ingredients, then pour in the berry mixture. Add the lemon juice, applesauce, vanilla, and the flax mixture. Stir gently until just combined. Batter will be thick.
5. Spread evenly in the prepared pan and bake 35–40 minutes, or until a toothpick in the center comes out clean. Let cool for at least 15 minutes.
6. Sprinkle powdered sugar on top before serving, if desired.

Nutrition Facts

Per serving
Calories: 147
Total Carbohydrates: 32 g
Total Sugars: 14 g
Dietary Fiber: 4 g
Total Fat: 1.4 g
    Saturated Fat: 0 g
Protein: 3.4 g