



## ME Recipe: Breakfast Cake

I adapted this recipe from a granola pie recipe in Oxygen magazine. I cut the carbs down by swapping the oat bran with almond flour and only using one type of dried fruit. I also boosted the nutritional content by adding flax meal and chia seeds. It is not super sweet but gets some natural sweetness from the dried fruit. Feel free to add more sweetener if needed. I was surprised with the outcome. It is delicious served warm along with eggs or other breakfast protein.

### Ingredients:

- 1 ½ c. almond flour
- ½ c. rolled oats
- ½ c. chopped walnuts
- 1/3 c. dried cherries
- 1 tbsp. hemp seeds
- 1 tsp. baking powder
- ½ tsp. allspice
- ½ tsp. ground ginger
- ¼ tsp. salt
- 2 tbs. ground flax meal
- 1 tbs. chia seeds
- 2 eggs
- 1/3 cup xylitol
- ¼ c. melted coconut oil
- 1 ½ tsp orange zest
- 1 tbs. vanilla extract

### Directions:

Preheat oven to 325 degrees. Line the bottom of an 8-inch round cake pan or spring form pan with parchment paper and lightly grease the sides. In large bowl stir together flour, oats, walnuts, cherries, hemp seeds, baking powder, allspice, ginger, salt, flax and chia. In a separate bowl, lightly beat eggs, xylitol, coconut oil and orange zest. Add wet ingredients to dry ingredients and mix until moist.



Press mixture in pan and press down firmly into an even layer. Bake 40 minutes or until edges are browned and center is set. Let cool in pan or wire rack at least 10 min before slicing and serving.