

Cake No Ache

INGREDIENTS

- 1 cup Rolled Oats (roughly grind)
- 1/2 cup Almond flour
- 1 cup Cashew nuts (soak for 2 hours)
- 1/2 cup Pitted Dates
- 1 + 1/2 cup Unsweetened Plant based milk
- 3/8 cup Unsweetened Cocoa powder
- 1/2 tsp Baking Powder
- 1/2 tsp Baking Soda
- Pinch of salt
- 1 tsp Vanilla extract



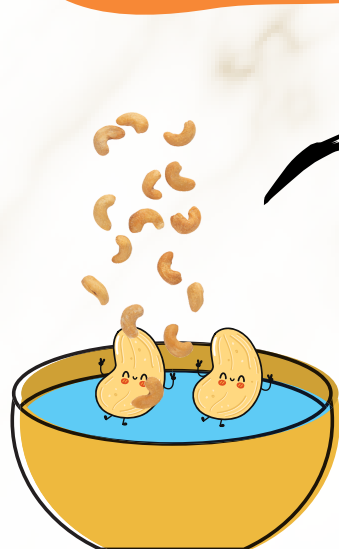
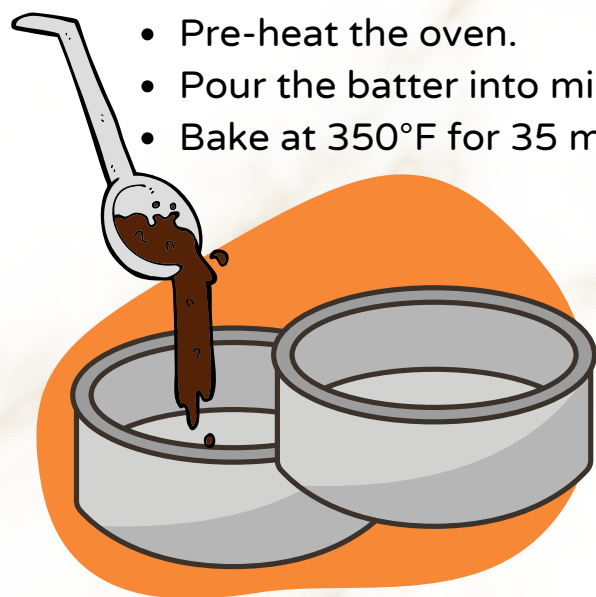
PREP AND MIX

- Mix together coarsely ground rolled oats, almond flour, cocoa powder baking soda and baking powder.
- Add the plant based milk to a blender along with 1/4 cup pitted dates and make a mixture.
- Add vanilla along with a pinch of salt and mix together wet and dry ingredients.



POUR AND BAKE

- Pre-heat the oven.
- Pour the batter into mini cake pans.
- Bake at 350°F for 35 minutes.



FROST, ASSEMBLE AND ENJOY

- To make the cashew frosting, add the soaked cashews along with pitted dates, vanilla and a squeeze of lime to the blender and make a smooth paste and refrigerate it.
- Once the cakes are completely cool, frost with the cashew cream, and top it with your favourite fruits and nuts to amp it up.

