Berry Crumb Cake

This crumb cake is perfect for the weekends when you want a little something with your coffee.

Prep: 10 minutes Cook: 35 minutes

Servings: 45 minutes 8

Ready In:



Dry Ingredients

- 1 cup rolled oats
- 1 cup whole wheat flour
- 1.5 cup blueberries (fresh or frozen)
- 1/2 cup brown sugar
- 2 tsp baking soda
- 1 tbsp ground flax
- 1 tbsp chia seeds
- 1 tsp cinnamon
- 1/2 tsp salt

Wet Ingredients

1/2 cup soy milk 1/2 cup apple sauce 1 tsp vanilla

Toppings

1/4 cup raw course cane sugar 1/2 tsp cinnamon

Instructions

First preheat oven to 375. Take your oats and blend them up in a blender until slightly fine, you dont want them to be totally ground up. The oats give us the crumble in the cake so leave a bit of bigger chunks.

Combine all of your dry ingredients and mix well.

Then pour in the wet ingredients and mix very well. This will be pretty thick so it takes a bit of working, do not add more liquid.

Pour batter into a 9x5 loaf pan, you can lightly spray it with oil or use a good non stick one. I like to use parchment paper so that i can lift it out afterwards.

Mix together your topping ingredients and sprinkle over top. Bake for 35-45 minutes. Check at 35 with a toothpick, it should come out clean. I baked mine in a small toaster over and it needed 45 so it will just depend on your oven.

Let rest 20 minutes before cutting, and enjoy!

By Hannah Janish | highcarbhannah.co https://highcarbhannah.co/recipes/berry-crumb-cake/ HIGH CARB HANNAH