



Copycat California Suncakes

Recipe Source: PEHP Healthy Utah Test Kitchen Staff

Ingredients:

- 1 ½ cups old-fashioned rolled oats
- 1 cup unsweetened coconut flakes
- ¼ cup almond meal (or almonds pulsed fine in a food processor)
- 2 Tbsp ground flaxseed
- ½ tsp salt
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp ginger
- ½ cup dried fruit (raisins, chopped dates, cranberries, apricots, cherries, etc.)
- ½ cup unsalted mixed nuts of choice
- 3 small ripe bananas, mashed
- ¼ cup canola oil
- 1 tsp vanilla extract

Steps:

- Preheat oven to 350° F.
- In a large bowl, combine oats, coconut, almond meal, and flaxseed. Stir in salt and spices. Add dried fruit and nuts and stir until evenly distributed, breaking up any chunks of dried fruit.
- In another bowl mash banana, oil, and vanilla. Pour wet ingredients all at once over dry ingredients and stir until combined.
- For each cake, place a small cookie cutter on a cookie sheet. Press spoonfuls of batter into it then lift cookie cutter away. Repeat with remaining batter.
- Bake 20-30 minutes depending on thickness, or until edge are just golden.
- Store in the fridge in an airtight container.

Tips from the Test Kitchen: If you don't prefer bananas you could try applesauce or pumpkin puree.

Nutritional Facts (per serving): Calories: 155, Carbohydrates: 15 grams, Protein: 3 grams, Total Fat: 10 grams, Saturated Fat: 3 grams, Cholesterol: 0 mg, Sodium: 79 mg, Fiber: 3 grams, Total Sugars: 6 grams.