

WIAW #11: No-Bake Mini NuttZo Pumpkin Cake

Description

Baking can be such a hassle. Especially when you have little ones running the kitchen. Crazy kids plus a hot stove/oven NEVER mix! So, feeling creative for Avery's breakfast, I decided to make a delicious and healthy cake that I didn't need to bake. Wham, and I just rhymed; score!



I grabbed one of my 24 cans of [Organic Farmer's Market Pumpkin](#) (Thank you, Amazon!), some [NuttZo Power Fuel](#), peanut flour, and [unsweetened shredded coconut](#) and got to work. It turned out to hardly be "œwork" since 5 minutes later, our NuttZo Coconut Pumpkin Pie was born.

Avery was tugging at my shorts and whining for the first bite, so after I took a few quick pics, I fed my ravenous daughter.



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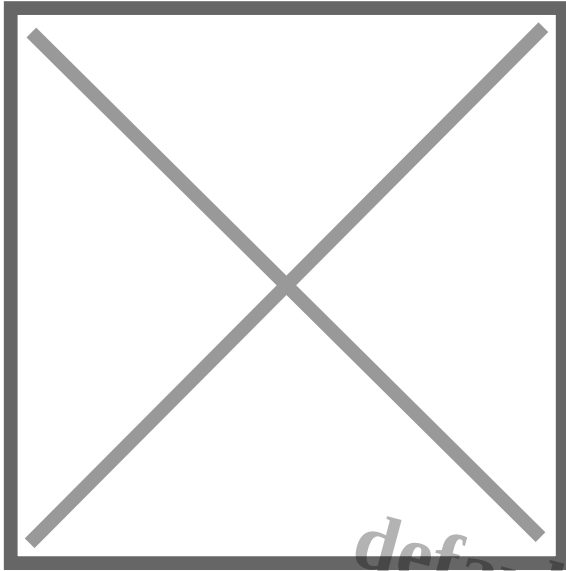
I thought maybe, just maybe, thereâ€™d be a little leftover for me to savor, but that hope died fast. Unlike a typical pie, I found it easier to just roll into balls to feed her. At least that way I had messy fingers I got to lick!



If there was time, Iâ€™m sure chilling it would make for a cleaner finger food, but as Jack Bauer would say, â€œThereâ€™s no time!â€•. It does cut pretty good even at room temp though.

Wanna give it a go for yourself? Do it!

Mini No-Bake NuttZo Coconut Pie



by RC Liley

Prep Time: 5 Minutes

Keywords: raw appetizer breakfast dessert snack nuttzo

Ingredients (Serves 1)

- 1/2 Cup Pumpkin Puree
- 2 Tbsp NuttZo (or other nut butter) at room temp
- 1/4 Cup Peanut flour (Can use coconut or almond flour or even protein powder instead)
- 2 Tbsp unsweetened shredded coconut
- 1 tsp cinnamon
- 1 packet stevia or 10 drops liquid stevia
- Pinch of sea salt

Instructions

Add all ingredients in a bowl and stir well to combine.

Form into a small cake, roll into balls, or just leave as is to eat with a spoon.

Enjoy!!

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On to the main part of the post now, my eats!

Thanks as always to the wonderful [Jenn from Peas and Crayons](#), for creating this fun link-up for foodies everywhere! It was great then and continues to be an awesome linky now!

[what I ate wednesday, WIAW](#)

Breakfast – One of my many leftover cups of black coffee from Starbucks that [I picked up on Mother’s Day](#).



Lunch – Steamed veggies with eggs and raw broccoli on top. Then some Greek yogurt with purple sweet potato, NuttZo, and [homemade banana bread](#). While watching Avery *not* take her nap!





Dinner – Shredded chicken with black garlic and steamed broccoli and a little spicy kimchi mixed in as well.



And don't tell Avery, but I made another batch of the no-bake NuttZo pie for myself to have as a nighttime treat.



Yeah, Iâ€™ll be making more of that for the both of us for sure! Have a great Hump Day!

Do you like no-bake recipes or prefer to always cook your meals/snacks?

Ever buy things you use a lot in bulk on Amazon or another site? Itâ€™s a must in our home!

[Brilliant blog posts on HonestMum.com](#)

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