

Healthy Single Serving NuttZo Oatmeal Cake Recipe

Description

It's pretty clear that the Going Family loves both [NuttZo](#) and [Oatmeal](#), so it only makes sense to combine the two into a healthy, tasty and transportable treat. I'm not trying to win any creativity awards here, just make something the whole family will love and won't take forever to put together. And that's just what I did. Voila!



The unfrosted version is better for transporting. Trust me.

Nothing fancy, but damned delicious. If you're enjoying at home, why not put some healthy Greek yogurt frosting on that NuttZo-oatmeal cake?



Need a better view?



Topped with cinnamon and looking lovely. Make it go away! .via eating

I wanted a recipe for a super peanut buttery and healthy oatmeal cake, and am very pleased with the end result! .so are Kelley and Avery!

[NuttZo Oatmeal Cake](#)

Ingredients

• 1/2 cup rolled oats

• 1 T melted [NuttZo](#)

• 1/4 tsp baking powder

• 1/4 tsp vanilla extract

• 1/2 tsp cinnamon

• 2 packets or 1 T stevia powder, 8 • 12 drops liquid stevia, or, if you want to use sugar, 1 • 2 tablespoons honey or brown sugar

• 1/4 cup unsweetened applesauce, pumpkin puree, or mashed banana (Plain yogurt works well too)

• 1/4 cup unsweetened almond or other milk of choice

• Small dash of salt

Directions

Preheat oven to 375 degrees.

Mix all ingredients together until well incorporated. Let sit 5 • 10 minutes to allow oats to absorb liquid

Pour into one of the muffin molds in a muffin tin, 1-cup ramekin (or use a glass baking dish like I used), or just spread flat on a baking sheet for a crunchy treat. Make sure you use non-stick bake ware, spread coconut oil, or non-stick spray before pouring batter into device of choice.

Cook for 25 • 30 minutes; the top should have a nice light brown and the whole cake will feel firm. You can set your oven to broil and let cook about 3 • 4 minutes for a crispier crust; reduce baking time by 5 minutes if you do this.

Allow to cool for 10 minutes before removing.

For a quicker version, use a microwave-safe container and microwave mixture for 5 minutes.



What happens when you let your wife/kid
try a "bite"•

This cake is bliss on its own, but try smearing more NuttZo or nut butter of choice on top for extra nuttiness! Or, get a little more creative with a banana and peanut butter mashed together and smeared on top.

Try your favorite spread and let me know what you come up with. Have fun with the flavors and making this cake.

What? You want to try the Greek Yogurt Icing? Ok, it's extremely easy; just like this recipe'..

Greek Yogurt Icing

Mix 2 cups plain Greek Yogurt (non, low, or full fat will work) with one of the following to suit your preferences:

- " 1/2 cup melted NuttZo, other nut butter, or peanut flour for peanut butter icing
- " 1/2 cup vanilla protein powder (preferably organic and sweetened with stevia) and 1/4 tsp pure vanilla extract
- " 1/2 cup chocolate protein powder (preferably organic and sweetened with stevia), 2 tsp cacao powder, and 1/4 tsp pure vanilla extract
- " 1 very ripe mashed banana and 1/4 tsp vanilla extract
- " 1/2 cup pumpkin puree, 1 tsp cinnamon, 1/2 tsp ginger and nutmeg, and 1/4 tsp cloves

I love the single serving recipes, but just double, triple, or quadruple the measurements to make more. This would be a perfect Thanksgiving breakfast you make in a hurry since we all know the rest of the day can get hectic fast! Try making the entire mix the night before so you can cook first thing in the morning.

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