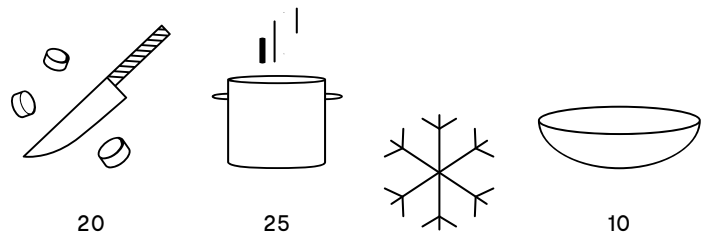




Oat Topped Coconut & Blueberry Cakes

Looking for a healthy cake for breakfast? Try these delicious bakes from [Eat, Live, Love](#), deliciously moist with extra bursts of blueberry sweetness, a perfect topping to a bowl full of yoghurt. Packed with nutrients, they are also wheat and gluten free.



Ingredients

For the cake mixture -

70g frozen blueberries (defrosted)

100g The Groovy Food Company coconut flour

175ml of coconut milk

25g The Groovy Food Company coconut sugar

3 medium eggs

1/2 tsp vanilla extract

1/4 tsp baking powder

2 tbsp melted The Groovy Food Company coconut oil

For the topping-

35g rolled oats

Directions

1. Set your oven to 180 degrees and line a muffin tin with 10 cases.
2. Combine the baking soda with the flour and set aside. Then whisk the eggs and combine them with the coconut milk and vanilla.
3. Add in the melted coconut oil and mix together. Then add in the remaining dry ingredients and you will end up

10g The Groovy Food Company coconut sugar

5g desiccated coconut

10g The Groovy Food company coconut flour

1 tbsp melted The Groovy Food Company coconut oil

with quite a stiff mixture (don't worry that's how it's supposed to be!).

4. In another bowl weigh out all the ingredients for the topping and combine with a fork.

5. Divide the mixture between the 10 muffin cases (it looks a little like cookie dough here) then lightly press 3-4 blueberries into the top of each one.

6. Using a fork, scatter a little of the topping mixture on top of each one before popping in the oven for 25 mins.

7. Let the cakes cool in their cases before you dig in!