

Original Recipe

Nut-Nola Snack Cakes

Nut-Nola is the gluten-free, grain-free organic cereal, snack, bar alternative with only 3 grams of sugar and no oats, rice or wheat fillers of any kind -- and super food for health and energy. Nut-Nola is made with integrity. All the nuts and seeds go through a unique pre-process of soaking and therefore, activating the nuts and seeds for the natural bounty of vitamins and minerals to be bioavailable with each Crazy Delicious bite! Nut-Nola is also versatile and may be used as hot or cold cereal, snacks and tossed in salads or sprinkled on your chicken bakes. This recipe was devised as a satisfying snack cake with all Nut-Nola ingredients.

INGREDIENTS

2 cups Nut-Nola (reserve 1/2 cup)

2 cups organic almond fiber leftover from making your almond milk (this requires 3 batches of the almond milk to be made) Try it with organic almond flour found in stores and modify amounts of liquids.

PREPARATION TIME

20 minutes to combine these ingredients—
30-40 minutes to bake.

1/2 cup organic, almond milk
5 pastured, organic eggs
1/4 - 1/3 cup of organic maple
1 tablespoon unfiltered apple cider vinegar
1/2 cup melted, organic coconut oil syrup
2 - 3 tablespoons organic cinnamon
2 teaspoons sea salt
1 teaspoon baking soda
1 teaspoon baking powder
1/2 cup extra melted organic coconut oil for finishing before going into the oven



PREPARATION INSTRUCTIONS (read these instructions before you begin)

- 1) Preheat oven to 375°F
- 2) In a large bowl combine organic almond fiber, organic almond milk, organic pastured eggs, maple syrup, organic unfiltered apple cider vinegar, 1/2 cup melted organic coconut oil, organic cinnamon, sea salt, baking soda, baking powder. Mix all ingredients thoroughly.
- 3) Prepare a jellyroll (with 1-inch sides) pan with a base layer of parchment paper.
- 4) Use half the batter and spread a layer to cover the parchment-covered pan.
- 5) Sprinkle 1-1/2 cups of Nut-Nola on top of this first layer of batter you just spread evenly down on the parchment-paper covered pan.
- 6) Press the Nut-Nola into the layer of batter.
- 7) With the remaining half of batter spread evenly over top the Nut-Nola layer.
- 8) Drizzle the extra 1/2 cup of the extra melted organic coconut oil over the assembled ingredients in the pan.
- 9) Bake in the preheated 375°F oven for about 30 minutes.
If not brown after 30 minutes, bake another 10 minutes or until browned.
- 10) Enjoy crazy delicious, good-for-you food for life!

NUTRITIONAL INFORMATION:

The phytic acid removed by my activation processing allows these and many other vitamins and nutritious benefits to be assimilated: Calcium, Magnesium, Vitamin E, Riboflavin, Phosphorous, Iron, Selenium, Zinc, Potassium, Vitamin K, Folate, Copper, Manganese, Niacin. Plus super fiber, fats, proteins plus cholesterol-balancing properties.

