

Vegan Cherry Snack Cake

Sweetened only with fruit juice and maple syrup, this moist, vegan cherry cake makes an excellent breakfast or dessert.

Servings: 9 Calories: 134kcal Author: Susan Voisin



4.75 from 4 votes

Ingredients

- 1 cup quick or whole oats (*not instant*)
- 1 tablespoon flax seeds , *whole* (or 1 1/2 *tbsp. ground flax*)
- 1 1/4 cup whole wheat flour (*I used white whole wheat flour*)
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground allspice
- 1/2 teaspoon salt
- 1/3 cup maple syrup or agave nectar
- 1/2 cup 100% fruit juice (*such as apple, berry, or pomegranate*)
- 1 1/2 tablespoon lemon juice
- 1 cup pitted cherries , *sliced*
- 1/3 cup unsweetened applesauce

Instructions

1. Preheat the oven to 350 F. Lightly spray or wipe the bottom and sides of a 8 X 8-inch glass baking pan with oil or cooking spray. (You may use metal, but the baking time will vary.)
2. Put the oats and flax seeds into a blender and grind until they are fine. (If you are using ground flax, no need to grind it—just add it with the other dry ingredients.) Stir a couple of times to make sure that they're uniformly ground.
3. Mix the oat flour with the other dry ingredients. Make a well in the middle, add the remaining ingredients, including cherries, and stir until moistened and completely combined, but don't over-mix. Pour into the prepared pan (batter will be thick).
4. Bake for 30-40 minutes, until a toothpick inserted in the middle comes out clean. Allow to cool for at least 15 minutes. Enjoy!

Notes

Each slice is 5 points on Weight Watchers Freestyle program.

Nutrition

Serving: 1 serving | Calories: 134kcal | Carbohydrates: 30g | Protein: 3.4g | Fat: 1.3g | Sodium: 311mg | Fiber: 3.3g | Sugar: 11g

