

Fall Y'all BAM Cake

THM-Friendly: E

- 1 cup egg whites
- 2 cups oats, ground
- 1 cup oats, left whole
- 1/2 cup pumpkin puree
- 1 apple, diced
- 3 tsp. cinnamon
- 1/2 tsp. cardamom
- 1/8 tsp. nutmeg
- 2 tsp. maple extract
- 1 tsp. caramel extract
- 1 tsp. pecan extract
- 1 tsp. apple extract (optional)
- 1/4 tsp. mineral salt
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 cup Greek yogurt (or cottage cheese)
- 1/2 cup Gentle Sweet
- 1/4 cup peanut powder



*You can whip up your egg whites with 1/2 tsp. xanthan gum or 3/4 tsp. cream of tartar and then fold into the rest of the batter but it isn't necessary.

Pour the batter into a 9x13" pan. Bake at 350 degrees for 35-40 minutes.

When the cake is nearly cooled but still a little warm, top with the Glosting:

- 4 Tbsp. Neufchatel cream cheese (1/3 less fat)
- 2 Tbsp. Greek yogurt
- 2 Tbsp. Gentle Sweet (or Swerve)
- 2 tsp. nut milk
- 1/4 tsp. cardamom
- 1/2 tsp. cinnamon
- 1/4 tsp. caramel extract
- 1/4 tsp. pecan extract
- 1/4 tsp. maple extract
- 1/2 tsp. apple extract (optional)
- a sprinkle of nutmeg

enJOY!

