

WHOLE GRAIN APPLE OATMEAL CAKE

Ingredients

- 1 cup rolled oats (not instant)
- 1 cup low-fat milk (or unsweetened almond milk for dairy-free)
- 1 cup whole wheat flour
- ½ cup almond flour (adds moisture & healthy fats)
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon salt
- 2 large eggs (or flaxseed egg substitute)
- ½ cup unsweetened applesauce (natural sweetener, replaces some oil)
- ¼ cup olive oil (or avocado oil)
- ⅓ cup honey or pure maple syrup
- 1 teaspoon pure vanilla extract
- 2 medium apples (peeled, cored, diced)

- ¼ cup chopped walnuts (optional, adds crunch & omega-3s)
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Step-by-Step Instructions

1. Preheat Oven & Prepare Pan

Preheat oven to 350°F (175°C). Lightly grease a 9-inch square pan or line it with parchment paper.

2. Soak Oats

In a small bowl, mix the rolled oats with milk. Let them soak for 10 minutes to soften (this creates a moist texture and slow-digesting fiber).

3. Mix Dry Ingredients

In a large mixing bowl, whisk together the whole wheat flour, almond flour, baking powder, baking soda, cinnamon, nutmeg, and salt.

4. Whisk Wet Ingredients

In another bowl, beat eggs, then whisk in applesauce, olive oil, honey (or maple syrup), and vanilla extract.

5. Combine Wet & Dry

Gently fold the wet mixture into the dry flour mixture. Stir until just combined.

6. Add Oats & Apples

Fold in the soaked oats with milk, then stir in diced apples and walnuts.

7. Bake

Pour the batter into the prepared pan and spread evenly. Bake for 35–40 minutes, or until a toothpick inserted in the center comes out clean.

8. Cool & Slice

Allow the cake to cool for at least 15 minutes before slicing into squares.

Health Benefits – *Why It Helps Blood Sugar*

- Whole Wheat Flour & Oats → Rich in fiber, they slow carbohydrate digestion, helping prevent sugar spikes.
- Apples → Contain pectin, a soluble fiber that stabilizes blood sugar and supports gut health.

- Almond Flour & Walnuts → Provide protein and healthy fats that balance energy release.
- Cinnamon → Has natural compounds that improve insulin sensitivity.

Oatmeal Cake