



Holiday Apple-Squash Cake

PALEO, WHOLE 30

*Recipe adapted from
refreshmyhealth.com*

SERVINGS: 16

Cake Filling

- 1 medium butternut squash, skin removed & grated
- 4 medium apples, grated
- 1 Tbsp extra virgin coconut oil
- 1 tsp cinnamon
- 1/2 tsp vanilla powder

Cake Batter

- 5 eggs
- 1.5 cups almond flour
- 2 Tbsp Goji berries
- 1-2 tsp cinnamon
- 1/2 tsp Himalayan sea salt
- 1/2-3/4cup cranberries, fresh or frozen

Add-Ons

- Top with walnuts, pecans or vegan dark chocolate (Enjoy brand is my favorite)
- Swap the cranberries out for other favorite types of berries, such as blueberries, raspberries or strawberries
- Add scoop of vanilla protein powder and omit the vanilla powder, just make sure the liquid to dry ratio stays the same

Instructions

1. Preheat oven to 350 degrees Fahrenheit and prepare a 9x9 baking pan with parchment paper.
2. Cook the cake filling ingredients in a pan over medium heat until soft and all natural juices have evaporated, approximately 10 minutes. Stir constantly to avoid ingredients sticking to the pan. Remove from heat and set aside to cool.
3. Prepare batter: Crack eggs into a bowl and whisk completely. In another bowl, mix dry batter ingredients, then slowly add to beaten eggs.
4. Add cooled cake filling ingredients to the batter, mixing gently. Add additional almond flour if the batter is more on the liquid side. Then slowly add the cranberries to the batter.
5. Bake for 30-45 minutes or until a toothpick inserted in center comes out clean. Remove from oven, grab sides of cool parchment paper & lift out of the pan to transfer to cooling rack for 10 minutes. **ENJOY!**

PREP: 25 MINS **COOK:** 45 MINS **TOTAL:** 1 HOUR 10 MINS



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