



## Coconut Chai Breakfast Cake

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



179 kcal

DESSERT

### Ingredients

- 0.5 tsp almond extract
- 1 tsp baking soda
- 1 cup chai concentrate
- 1 tsp cinnamon
- 0.5 cup coconut flakes flaked
- 0.3 tsp ginger for a spicier cake (use more )
- 0.3 cup oatmeal instant uncooked quick (not )
- 0.5 tsp salt

- 0.8 cup sugar (I used demerara)
- 0.5 cup unbleached flour white
- 0.3 cup apple sauce unsweetened
- 1 tsp vanilla extract
- 1 tbsp vinegar
- 1 cup flour whole wheat

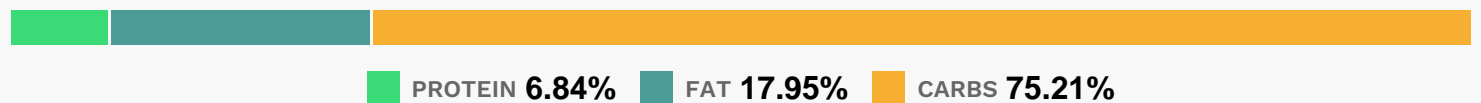
## Equipment

- frying pan
- oven
- mixing bowl

## Directions

- Combine the dry ingredients (oatmeal through sugar) in a medium-sized mixing bowl.
- Add the chai, applesauce, vinegar, extracts, and all but 2 tablespoons of the coconut.
- Mix well, and pour the batter into the prepared pan.
- Sprinkle with the reserved coconut and bake for about 25 minutes, or until a tester inserted into the center of the cake comes out clean.
- Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:29.73, Glycemic Load:15.44, Inflammation Score:-3, Nutrition Score:5.5930435187791%

## Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 2.11mg, Epigallocatechin: 2.11mg, Epigallocatechin: 2.11mg, Epigallocatechin: 2.11mg Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg Epicatechin 3-gallate: 1.54mg, Epicatechin 3-gallate: 1.54mg, Epicatechin 3-gallate: 1.54mg, Epicatechin 3-gallate: 1.54mg Epigallocatechin 3-gallate: 2.45mg, Epigallocatechin

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## Nutrients (% of daily need)

Calories: 179kcal (8.95%), Fat: 3.69g (5.68%), Saturated Fat: 2.81g (17.53%), Carbohydrates: 34.82g (11.61%), Net Carbohydrates: 32.05g (11.66%), Sugar: 18.02g (20.03%), Cholesterol: 0mg (0%), Sodium: 272.8mg (11.86%), Alcohol: 0.24g (100%), Alcohol %: 0.34% (100%), Caffeine: 5.24mg (1.75%), Protein: 3.17g (6.33%), Manganese: 0.89mg (44.54%), Selenium: 12.48µg (17.83%), Fiber: 2.76g (11.06%), Phosphorus: 71.74mg (7.17%), Magnesium: 27.94mg (6.99%), Copper: 0.12mg (5.97%), Vitamin B1: 0.08mg (5.63%), Iron: 0.84mg (4.66%), Zinc: 0.6mg (4.02%), Vitamin B3: 0.79mg (3.97%), Vitamin B6: 0.07mg (3.73%), Potassium: 106.33mg (3.04%), Folate: 10.71µg (2.68%), Vitamin B2: 0.04mg (2.51%), Vitamin B5: 0.18mg (1.83%), Vitamin E: 0.17mg (1.14%), Calcium: 11.27mg (1.13%)