



## Gluten-Free Coffee Cake with Streusel Topping



Gluten Free



Dairy Free



Popular

READY IN



55 min.

SERVINGS



16

CALORIES



165 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup coconut milk beverage your favorite (can sub hemp milk or non-dairy milk alternative)
- ☐ 3 teaspoons ener-g egg replacer mixed with 4 tablespoons warm water (equal to 2 eggs)
- ☐ 2 cups flour blend gluten-free (see note above)
- ☐ 0.5 cup granulated sugar
- ☐ 0.8 cup brown sugar light
- ☐ 0.7 cup oat flour gluten-free

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons earth balance natural shortening cold
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 teaspoon xanthan gum (leave out if your flour blend contains xanthan gum)

## Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ baking pan
- ☐ pastry cutter

## Directions

- ☐ Preheat the oven to 350°F. Spray a 9-inch square baking dish with cooking oil.
- ☐ Mix together the flour, xanthan gum (if needed), baking powder, and salt in a medium bowl. Set it aside. Cream together the shortening and granulated sugar in a large bowl, with a mixer on medium speed, for about 5 minutes, until a textured paste forms. Scrape down the sides of the mixing bowl as needed.
- ☐ Add the egg replacer mixture, applesauce, coconut milk, and vanilla to the creamed sugar. Blend with a mixer on medium-low speed for 2 to 3 minutes. Gradually add the flour mixture and blend on medium speed, about 2 minutes.
- ☐ Pour the batter into the baking dish, spreading it to the sides of the pan. In a large mixing bowl, combine the oat flour and brown sugar, using a pastry cutter or pastry fork.
- ☐ Cut the shortening into tablespoon-sized pieces. Use the pastry cutter to work the shortening into the flour. Crumble the streusel topping over the batter.
- ☐ Bake at 350°F for 32 to 36 minutes.

## Nutrition Facts



## Properties

Glycemic Index:10.13, Glycemic Load:4.55, Inflammation Score:-1, Nutrition Score:4.6221738266556%

## Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 165.45kcal (8.27%), Fat: 3.67g (5.65%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 30.6g (11.13%), Sugar: 17.97g (19.96%), Cholesterol: 0mg (0%), Sodium: 159.67mg (6.94%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Protein: 2.29g (4.58%), Vitamin D: 7.38µg (49.17%), Manganese: 0.21mg (10.53%), Calcium: 84.48mg (8.45%), Fiber: 2.07g (8.29%), Iron: 0.92mg (5.13%), Phosphorus: 40.09mg (4.01%), Vitamin B12: 0.18µg (3.07%), Magnesium: 11.05mg (2.76%), Selenium: 1.89µg (2.69%), Vitamin B1: 0.04mg (2.47%), Copper: 0.03mg (1.48%), Vitamin K: 1.47µg (1.4%), Zinc: 0.2mg (1.36%), Vitamin E: 0.19mg (1.3%), Potassium: 38.89mg (1.11%)