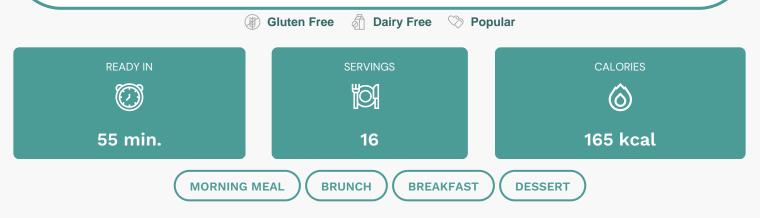


Gluten-Free Coffee Cake with Streusel Topping



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)	
Eq	uipment	
	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 bow 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	
	PROTEIN 5.3% FAT 19.11% CARBS 75.59%	

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: Omg (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%)