



Pumpkin Oatmeal Cakes

 **Gluten Free**  **Dairy Free**

READY IN



175 min.

SERVINGS



8

CALORIES



325 kcal

DESSERT

Ingredients

- 0.3 teaspoon allspice
- 4 apples
- 0.8 cups pumpkin puree canned
- 0.3 teaspoon cinnamon
- 1.3 cup non-dairy milk plain canned (the drinking kind, not)
- 3 ounces dates chopped
- 1 tablespoon ground flaxseed
- 1 tablespoon juice of lemon

- 0.5 cup maple syrup
- 0.5 cup pecans chopped
- 0.3 teaspoon ground ginger
- 0.5 teaspoon salt
- 1.5 cups irish oats
- 0.3 cup water

Equipment

- frying pan
- sauce pan
- baking paper
- oven
- blender
- baking pan
- cutting board

Directions

- Place the water and dates in a blender and blend until dates are finely chopped.
- Add the pumpkin, spices, salt, and flaxseed and blend until well-combined.
- Heat a large saucepan and toast the oats, stirring occasionally, until fragrant, 1-2 minutes. Carefully add the pumpkin mixture, standing back in case it spatters, and then the coconut milk. Stir well, reduce heat to low, and cook, stirring frequently, for about 30 minutes or until thick and chewy. Line a 11×7-inch baking dish with parchment paper or spray with non-stick spray.
- Spread the oats in the dish, smoothing the top. Cool on the counter for an hour and then refrigerate until completely chilled, at least an hour. Turn out onto a cutting board and cut into 16 triangles or rectangles. Spray a large non-stick frying pan with a light coating of cooking spray and heat over medium-high heat.
- Add half of the oatmeal cakes and cook on each side until lightly browned, 2-3 minutes per side.
- Remove to a warm oven and repeat with remaining cakes. Keep warm until ready to serve.

Place two cakes on each dessert plate. Top with warm Apple-Pecan Compote, below.

Nutrition Facts

PROTEIN 8.77% **FAT 22.24%** **CARBS 68.99%**

Properties

Glycemic Index:34.11, Glycemic Load:21.79, Inflammation Score:-10, Nutrition Score:13.454348025115%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 6.91mg, Epicatechin: 6.91mg, Epicatechin: 6.91mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 324.53kcal (16.23%), Fat: 8.38g (12.9%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 58.49g (19.5%), Net Carbohydrates: 50.39g (18.32%), Sugar: 30.29g (33.65%), Cholesterol: 0mg (0%), Sodium: 168.58mg (7.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.87%), Vitamin A: 3774.22IU (75.48%), Manganese: 0.92mg (45.96%), Fiber: 8.1g (32.41%), Vitamin B2: 0.38mg (22.52%), Iron: 2.23mg (12.38%), Calcium: 112.67mg (11.27%), Copper: 0.21mg (10.56%), Vitamin C: 8.68mg (10.52%), Potassium: 350.45mg (10.01%), Vitamin E: 1.44mg (9.63%), Vitamin B6: 0.17mg (8.68%), Vitamin B3: 1.65mg (8.25%), Vitamin B1: 0.12mg (8.17%), Magnesium: 30.75mg (7.69%), Vitamin B12: 0.4µg (6.64%), Vitamin K: 6.26µg (5.96%), Folate: 21.98µg (5.49%), Phosphorus: 49.49mg (4.95%), Zinc: 0.69mg (4.59%), Vitamin D: 0.44µg (2.95%), Vitamin B5: 0.28mg (2.8%), Selenium: 1.78µg (2.54%)