MEALGenius®

Gingerbread

Active Time: 20 minutes | **Total Time:** 45 minutes | **Serves:** 8

Nutrition Information Per Serving

232.9 calories, 12.9 g carbohydrate, 2.2 g fiber, 10.7 g NET carbs, 4.59 g protein, 19.66 g fat

Ingredients

- 4 Tbsp(s) raw honey
- 3 large(s) organic eggs
- 1/8 tsp(s) sea salt
- 4 Tbsp(s) organic virgin coconut oil
- 1/2 cup(s) organic coconut milk
- 1 tsp organic cinnamon
- 1/2 cup(s) organic coconut flour
- 1/2 cup(s) blanched organic almond flour
- 1/2 tsp(s) non aluminum baking powder
- 1/4 tsp(s) non aluminum baking soda
- 2 tsp(s) organic ginger, ground

Preparation

1. Preheat oven to 350 degrees F.
2. Melt coconut oil in a small saucepan over low heat.
3. Combine all dry ingredients in a small bowl and whisk together.
4. In a large bowl combine eggs, coconut oil, coconut milk and honey. Whisk together.
5. Pour wet ingredients into dry ingredients and mix thoroughly to a uniform consistency.
6. Grease an 8×8 inch glass baking pan with coconut oil. Pour in batter.
7. Bake for 40 minutes, or until firm to the touch and when a toothpick inserted in the center comes out clean.
8. Cool completely.
9. Serve plain or with cream cheese or vegan cream cheese topping of choice.