



Persimmon Spice Oat Snack Cake for Training

This healthy, vegan Persimmon Spice Oat Snack Cake is a mixture between cobbler and cake, filled with the flavors of ripe persimmons, whole grains, spices, hemp and chia seeds, and pumpkin seeds. Persimmons are nutrient-packed and offer micronutrients that make them especially great for athletes. They can help prevent cramps, boost your immune system and a great source of carbs to fuel your training sessions.

Serves: 9, Prep time: 00:15, Cook time: 01:00

Instructions

1. Preheat oven to 350 F.
2. In a mixing bowl, whisk plant-based milk, oil, chia seeds, coconut palm sugar, and vanilla together with an electric mixer.
3. Slice persimmons in half, remove seeds, and scoop out flesh into the bowl. Mix well until mixture is smooth.
4. Add flour, oats, hemp seeds, baking powder, spice and salt, stirring only until well combined.
5. Stir in pumpkin seeds and raisins.
6. Spray a 9 by 9 inch baking dish with nonstick cooking spray.
7. Pour dough in baking dish, and sprinkle with 1 tablespoon pumpkin

Ingredients

- 1 cups Plant based milk
- 0.25 cups Olive oil
- 2 tablespoon Chia Seeds
- 0.25 cups Brown Sugar
- 1 teaspoon Vanilla Extract
- 4 Persimmon, Medium/Ripe
- 1 cups Flour, wheat, white
- 1 cups Oats, rolled, raw
- 2 tablespoon Hemp Seeds
- 1 teaspoon Baking Powder
- 1 1/2 teaspoon Pumpkin Pie Spice
- 1 pinch or to taste Sea Salt, Pinch
- 0.33 cups Raisin, seedless
- 1 tablespoon Pumpkin Seeds

seeds (if desired).

8. Place cake in the oven and bake for about 55-60 minutes, until cooked through.

9. Allow to cool for about 10 minutes.

Slice into 9 squares.

Notes

To make this recipe gluten-free, substitute gluten free flour for the whole wheat flour.

For a FREE recipe book click [here](#) [Chili Tri](#)

Nutrition

Serving Size 1 serving

Calories 277

Sugar 21g

Sodium 28mg

Fat 12g

Saturated Fat 2g

Carbohydrates 39g

Fiber 6g

Protein 9g

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