

Strawberry Shortcake with Baked Oats Recipe

Ingredients

Cake

5-6 Large Strawberries (Mashed)
4 Dates (soak in hot water for 5 minutes, drain & then mash)
2 Cups Oat Flour
1 Cup Almond Flour
1 tsp Vanilla Extract
1 tsp Baking Powder
3/4 Cup Oat (or Soy Milk)
A Pinch of Salt

Cashew Protein Whip

1 Cup Vanilla Yoghurt
2 Scoops Vanilla Protein Powder
1/2 Cup Cashews (soak in hot water for 10 minutes, and then drain)
2 Tbsp Agave (or your choice of liquid sweetener)
1 tsp Cinnamon
1 tsp Vanilla Extract

Strawberries & cinnamon to garnish

Instructions

1. Preheat the oven to 350°F and line a square baking tray.
2. Mix together all the ingredients for the cake. The mixture should be thick and slightly sticky.
3. Pour mixture into the baking tray and bake in the oven for 20 minutes, or until a skewer comes out clean. Cool completely and slice in half horizontally.
4. Place all the cashew protein whip ingredients into a food processor and process until smooth.
5. Place one layer of the cake in the bottom of a container, top with half the cashew protein whip and then add the other layer of cake, and then the remaining whip on top. Set in the fridge for 3 hours.

6. Garnish with a sliced strawberry and a dash of cinnamon! Can be stored in the fridge for 4-5 days.