



Garden Cake

Mix in a bowl the following dry ingredients:

- 2 cups multi-grain flour
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 1/2 tsp. Real salt

In a separate bowl add these ingredients:

- 1/2 cup coconut oil (in liquid form)
- 3/4 cup applesauce
- 2 tsp. vanilla
- 3/4 cup raw honey
- 3 eggs
- 3 cups total of whatever veggies you have in the garden (carrots, squash, zucchini, pumpkin, etc.) pureed or if you like it shredded, shred it. You can also use re-hydrated veggie powder

Incorporate the flour mixture into the wet ingredients and stir until well blended. Fold in 1/2 cup chocolate chips (or dried fruit).

Pour into a greased 9X13 pan. Bake at 350 for 45-60 minutes (my oven takes 60 minutes). Once cooled frost with Cream Cheese Frosting.

#### Cream Cheese Frosting

- 1 package of cream cheese
- 3 Tbsp. maple syrup or add more to taste
- pinch of Real salt

