



Recipe Details

Recipe Name - Pineapple 2-minute Cake

Recipe Steps -

Ingredients

- 1/3 cup pineapple, mashed
- 2 Tbsp. oat flour
- 1 Tbsp. date paste (dates and water blended)
- 1/2 Tbsp. plant milk

Instructions

- 1) Mash pineapple in a small bowl, add all other ingredients, and incorporate well
- 2) Microwave on high for 2 minutes, let sit for 2 minutes, and enjoy!

