

# Summer Birthday Cake

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-coconut-birthday-cake-lemon-filling-recipe>

## Ingredients:

- 10 fresh dates
- 1 cup raw almonds
- 1/2 cup shredded coconut
- 1/2 cup oatmeal or rolled oats
- 1 pinch sea salt
- 1 1/2 cups cashews
- 1/2 cup poppy seeds
- 1 cup berries fresh or frozen, I used half raspberry, half blueberry
- 2 lemons divided
- 1 teaspoon lemon zest
- 1/3 cup coconut oil divided
- 1/3 cup raw honey or maple syrup
- 1/3 cup maple syrup or raw honey
- 1/4 cup ground almonds
- 2 tablespoons almond milk or water
- 1 vanilla bean scraped
- Fresh berries optional
- mint leaves optional

## Nutrition:

1. Calories: 1310 calories
2. Carbohydrate: 121 grams
3. Fat: 88 grams
4. Fiber: 22 grams
5. Protein: 31 grams
6. SaturatedFat: 28 grams
7. Sodium: 160 milligrams
8. Sugar: 65 grams

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