

Banana Date and Walnut Cake

A note for this cake. You may need more oil than $\frac{1}{4}$ cup if your bananas are not overly ripe. You want a moist cake but not too oily. The best thing is to use over ripe bananas for this cake.

Ingredients

- 6 bananas mashed
 - 1 cup chopped dates
 - $\frac{3}{4}$ cup chopped walnuts
 - 1 $\frac{3}{4}$ cup almond meal
 - $\frac{1}{4}$ cup gluten free, spelt or wholemeal flour
 - 1 tsp baking powder
 - $\frac{1}{4}$ cup sunflower oil (if bananas are not really soft you may need more oil)
- 1 banana for decoration (optional)

Method

1. Mix all the ingredients together gently in a bowl.
2. Place in a baking paper lined loaf tin.
3. Slice the banana reserved for decoration length ways and press into the top of the cake.
4. Bake in 170°C oven for 30 - 40 minutes or until skewer comes out clean. I turn the cake around in the oven halfway.
5. When ready place the tin on a cake rack. Don't take out of the tin for an hour to let the cake settle.
Cake cuts better when it has completely cooled down.



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