

Protein-packed Banana Cake

Prep: 20 mins

Cooking: 35 mins

Serves: 8

Makes: 1



Ingredients

- 3 very ripe bananas (360g mashed)
- 2 XL 700g Pace Farm eggs
- 1/3 cup (80ml) melted coconut oil or olive oil
- 1/2 cup + 1 tbsp (135g) plain Greek yoghurt
- 1/2 cup + 2 tbsp (90ml) maple syrup
- 1 tsp vanilla extract
- 1 1/2 cups (180g) gluten-free all-purpose flour
- 1 scoop (30-35g) vanilla protein powder
- 2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 tsp baking soda
- 1/2 tsp salt

Icing glaze:

- 1 cup (120g) icing sugar, sifted
- 2-3 tbsp thickened cream

Cinnamon swirl:

- 3 tbsp softened butter
- 1/4 cup maple + 2 tbsp coconut sugar
- 1 tbsp cinnamon

Method

1. Preheat oven to 175°C; line an 8×8 tin.
2. Blend bananas until smooth; add eggs, oil, yoghurt, maple and vanilla.
3. Whisk dry ingredients separately; combine gently with the wet.
4. Pour into tin; bake 30-35 minutes.
5. Cool completely.
6. Mix glaze until smooth and pour over the cake.
7. Mix swirl ingredients and dollop over glaze; swirl through.