

BANANA CAKE

Serves 8 (Gluten Free, Dairy Free Option)

This cake will keep for 3-4 days in an airtight container (unless you eat it sooner!). It also keeps much better being refrigerated during warmer months.

Cake

125g butter or shortening (DF)
¼ cup raw sugar
1/8 cup rapadura sugar
3 eggs
1 teaspoon vanilla essence
400g (approx. 4 medium) ripe bananas (peeled & mashed)
¾ cup light coconut milk
1 teaspoon bicarbonate of soda
2 cups GF SR flour (try Robyn's blend →)
¾ cup almond meal
2 teaspoons mixed spices (we like to use ground cinnamon, nutmeg, ginger, & star anise)

Icing

100g butter or shortening (DF)
¾ cup pure icing sugar
1 ¼ cups soft icing sugar
2 tablespoons lemon juice
1 tablespoon lime juice
1 tablespoon honey
1 teaspoon vanilla bean paste (or one vanilla pod split & scraped)

Robyn's GF SR Flour Blend (makes 2 cups):

- 1 cup SR flour
- 1/3 cup sorghum flour
- 1/3 cup coconut flour
- 1/3 cup plain flour (or tapioca flour)
- 2 teaspoons baking powder

Method

Heat the oven to 170° fan-forced. Use either an approx. 25cm round or square tin. Line the tin with baking paper. Set aside.

Using a large mixing bowl and an electric beater, beat the butter or shortening until it is soft, add the sugar, and beat until light and fluffy.

Add the 3 eggs and beat well.

Add the mashed banana and vanilla essence and beat for approx. 1 minute.

Pour the coconut milk gently into the centre of the mixture, then add the bicarbonate of soda on top of the milk. Use the teaspoon to gently mix it into the milk.

Then add in all the flours, almond meal, baking powder and spices on top. Gently mix the dry flours together in the bowl with the baking powder before mixing everything together well.

Pour/spoon the mixture into the lined cake tin, cutting off any excess baking paper that is poking out above the tin.

Place it in the oven and cook for 60-70 minutes. The top should be nicely browned when it is ready, and quite firm. Leave the cake in the tin for 5-10 minutes before turning out to cool onto a wire rack.

Once the cake is cool, make the icing:

In a small mixing bowl, place the butter or shortening, then gradually sieve the icing sugars in and add the remaining ingredients.

Mix with the electric beater until fairly firm yet fluffy and lump-free.

Using a butter knife, smear the icing onto the cake.

Enjoy!

Robyn's Notes

You can add 50g more mashed banana to this recipe if you like a very strong banana flavour and it shouldn't disrupt the mixture. But if you feel the mixture is a little bit thick at any point, add a touch more coconut milk. You can also add in a bit more almond meal if you feel the mixture is a bit thin and it won't disrupt the mixture. You can add more or less icing sugar to the icing mixture depending on your preferences. If it gets too thick, add some more lemon/lime juice. Honey is not a requirement for the icing, but I think it gives a nice edge. Do not add much more honey to the icing mixture or it will be too strong. I put honey in the icing instead of the cake as I find that during warmer months, honey in a cake can make it grow mould within a few days. When the honey is in the icing, I have never noticed this problem. If in doubt, refrigerate the cake after making it.