

CHOCOLATE & BANANA CAKE



QUICK

8 mins prep time
70 mins cooking

HEALTHY

Bananas are high in potassium which helps to lower blood pressure and keep your heart healthy

FAMILY

10-12
slices

MEALS

We all need a treat sometimes and this contains less fat and sugar than a 'normal' cake

INGREDIENTS

- 3 very ripe bananas
- 3 eggs
- 3 tbs maple syrup/honey
- 75g coconut oil
- 150g wholemeal flour
- 50g cocoa powder
- 75g dark chocolate chips
- 1 tsp baking powder
- 1 tsp vanilla extract

Optional

- 1 extra banana (not overripe)
- 25g dark chocolate chips

METHOD

1. Put the oven onto 160°C (Fan oven)
2. Line a loaf tin with greaseproof paper
3. Put all ingredients (except the chocolate chips) into a food processor
4. Mix till smooth (approx. 30 secs - 1 min)
5. Stir in 75g chocolate chips
6. Pour into the prepared loaf tin
7. Optional - Sprinkle the rest of the chocolate chips on the top and the sliced extra banana
8. Bake for 1 hour and 10 mins - or until a skewer comes out clean



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com