

SPRING RECIPE - Sharnell Lawrence

Xylitol Banana Cake

I can't tell you all about the amazing benefits of xylitol without including a recipe for it can I? This banana cake is wonderfully moist and keeps really well for a few days (I actually think it gets better!) I made it with spelt flour but it would work just as well with wheat. For an extra decadent touch spread with Living Earths Raw Chocolate Coconut Butter, oh soo good!!

Ingredients

3 ripe bananas mashed
½ cup butter
¾ cup Xylitol
2 eggs
2 tbs plain yoghurt
2 cups spelt flour (or wheat)
1 1/2 tsp baking powder
½ tsp bicarb soda
¾ cup walnuts

Always use organic ingredients where possible.

Method

Preheat the oven to 180dec and grease and line a 20cmx20cm cake tin. Cream butter and sugar together, add eggs one at a time, beat until combined and the mixture is smooth, add the yoghurt. Stir in flour, baking powder, baking soda, add the mashed bananas and walnuts and be careful to not over mix. Pour mixture into prepared cake tin and bake for 50 - 60 minutes. Let cool in tin for 10 minutes then turn out onto a wire cake rack. Store

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