



Avocado banana cake

15'
Hands on

35 minutes'
Hands off

60'
Cook Time

8
Portion(s)

1
Difficulty



Ingredients

For the cake

- 1/2 avocado(s), ripe
- 1 egg, medium
- 1 teaspoon(s) [vanilla extract](#)
- 2 bananas, ripe
- 140 g all-purpose flour
- 40 g cocoa powder
- 160 g granulated sugar
- 1 teaspoon(s) baking soda
- 1 teaspoon(s) cinnamon

For the avocado frosting

- 1/2 avocado(s), ripe
- 1 tablespoon(s) butter, at room temperature
- 120 g icing sugar

To serve

- 30 g chocolate couverture, drops
- 50 g chocolate couverture, melted

Method

For the cake

- Preheat oven to 180* C (350* F) Fan.
- Grease a 22x10 cm cake pan with butter, dust with cocoa powder and set aside.
- In a food processor, beat the avocado, egg, vanilla and bananas until completely combined.
- Add the flour, cocoa powder, sugar, baking soda and cinnamon.
- Continue beating until all of the ingredients are completely combined. Stopping processor to scrape down the sides of the bowl with a spatula when necessary.
- Transfer to prepared cake pan and bake for 60 minutes.
- When ready, remove from oven and allow to cool on a [wire rack](#).
- Turn out of pan and allow to cool completely for about 20 minutes.

For the avocado frosting

- In a mixer, beat the avocado, butter and icing sugar until completely combined and smooth.
- Serve with frosting, chocolate drops and melted chocolate.

Διατροφικός πίνακας

Nutrition information per portion

330 Calories (kcal)	9.7 Total Fat (g)	4.4 Saturated Fat (g)	55.0 Total Carbs (g)
17%	14%	22%	21%
40.0 Sugars (g)	4.2 Protein (g)	3.5 Fibre (g)	0.38 Sodium (g)
44%	8%	14%	6%