



Banana cardamom cake

20'
Hands on

60'
Cook Time

8-10
Portion(s)

1
Difficulty



Ingredients

- 120 g coconut butter
- 2 bananas, ripe
- 3 eggs
- 2 tablespoon(s) strained yogurt
- 1 teaspoon(s) [vanilla extract](#)
- 1 teaspoon(s) cardamom, ground
- 100 g dark brown soft sugar
- 200 g all-purpose flour
- 1 tablespoon(s) baking powder
- 1 pinch salt

To serve

- icing sugar
- cocoa powder
- peppermint leaves
- 1 teaspoon(s) coconut butter
- 1 banana
- 80 g strained yogurt
- 1 teaspoon(s) honey

Method

- Preheat the oven to 150° C (300° F) set to fan.
- Add the coconut butter into a [saucepan](#), and transfer over medium heat. Allow 1-2 minutes for it to melt.
- Set it aside to cool well.
- Add the bananas into a bowl and press them with a fork to mash them.
- Add the eggs, the yogurt, the vanilla, the cardamom, the brown sugar and mix.
- In a bowl add the flour, the baking powder, the salt, and mix.
- Add the solid ingredients into the bowl with the bananas, and whisk using a hand whisk.
- Butter a [10x30 cm loaf tin](#) with coconut butter and spread the filling in.
- Bake for 1 hour. Let it cool.
- With a serrated knife, [cut](#) the cake into slices and serve with the icing sugar, cocoa powder, and peppermint leaves.
- Alternatively, place a [frying pan](#) over medium heat and add 1 teaspoon coconut butter.
- Add the bananas cut into large pieces and let them caramelize. Add the cake slices and leave them for 1-2 minutes until golden.
- Serve with the yogurt, the honey, and peppermint leaves.

Διατροφικός πίνακας

Nutrition information per portion

301 Calories (kcal)	18.0 Total Fat (g)	14.0 Saturated Fat (g)	30.0 Total Carbs (g)
15%	26%	70%	12%
14.0 Sugars (g)	5.0 Protein (g)	1.4 Fibre (g)	0.38 Sodium (g)
16%	10%	6%	6%