

BANANA AND BLUEBERRY CAKE



QUICK

8 mins prep time
1 hour 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 you can really enjoy it, when you know it contains almonds, eggs and bananas- all of which are good for you!

INGREDIENTS

- 3 ripe bananas
- 3 eggs
- 3 tbs agave syrup/honey
- 3 tbs coconut oil or softened butter
- 150g blueberries
- 200g ground almonds
- 1 tsp baking powder
- 1 tsp vanilla extract
- Greaseproof paper

METHOD

1. Put the oven onto 180°C (Fan oven)
2. Line a loaf tin with greaseproof paper
3. Put all ingredients (Except the blueberries) into a food processor
4. Mix till smooth (approx. 30 secs - 1 min)
5. Stir in 100g blueberries
6. Pour into the prepared loaf tin
7. Sprinkle the rest of the blueberries on the top
8. Bake for 1 hour - or until a skewer comes out clean (NB the fruit will remain wet)
9. If the top starts to get too dark before its cooked – cover with foil
10. Best eaten warm



@quickhealthyfamilymeals

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