

Recipe of the Week 41

## Banana-Cocoa Snack Cake

Cocoa is a source of anti oxidants. This cake provides fibre and B group vitamins, as well as being low in fat. Thus it makes for a nutritious treat. As fruit ripens the sugar content increase so ensure you use ripe bananas.

### Ingredients



- 1/2 cup cocoa powder
- 1 cup oat flour
- 1 cup whole wheat plain flour
- 1/4 teaspoon sea salt
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 4 very ripe bananas
- 230 g dates (about 8 large), pitted and roughly chopped
- 1/2 cup light coconut milk
- 2 tablespoons water
- 2 teaspoons pure vanilla extract
- 1/4 cup shredded unsweetened coconut

**Serves: 12**

**Preparation time: 20 minutes**

**Cooking time: 45 minutes**

**Each serving contains**  
 Energy – 170 kcal  
 Carbohydrates – 34 g  
 Protein – 3 g  
 Fat – 3.5 g (Saturated 1.5g)

### Method

1. Preheat oven to 190°C. Line a 20cm square baking pan with parchment paper and set aside.
2. In a large bowl, whisk together cocoa, flours, salt, baking powder and baking soda. Whisk thoroughly to eliminate any lumps. Set aside.
3. Add bananas, dates, coconut milk, water and vanilla to a blender. Blend until dates are chopped very small and the mixture is thick and smooth, 1 full minute or more.
4. Make a well in the centre of the flour mixture. Pour in the banana mixture, and fold the wet ingredients into the dry ingredients until just combined, taking care not to overwork the batter. Pour the batter into the prepared pan and smooth the top evenly with a spatula. Sprinkle coconut on top. Bake until the top is firm and a toothpick inserted in the cake comes out clean, about 45 minutes.
5. Let the cake cool in the baking pan on a cooling rack for 5 minutes, then remove cake from the pan and cool completely. Peel the parchment paper off the cake and cut cake into squares for serving. Wrap any remaining cake tightly and store at room temperature or in the refrigerator.

Adapted from: <http://www.wholefoodsmarket.com/recipes/2865>  
 Image from: <http://www.wholefoodsmarket.com/recipes/2865>