

Banana Split Cake/Cupcakes

Combine dried cherries, almonds, chocolate chips and bananas – and you’ve got a party! Toss in some oat flour and garbanzo bean flour – and you’ve got a complete protein meal! This cake is light in texture and heavy in flavor. I adore it “bare,” or topped with your favorite frosting (page 105).

12 CUPCAKES or ONE 9-INCH CAKE

- 1 $\frac{3}{4}$ cups oat flour*
- $\frac{3}{4}$ cup garbanzo bean flour
- $\frac{2}{3}$ cup evaporated cane juice (or other dry sugar)
- $\frac{1}{2}$ cup non-dairy chocolate chips
- $\frac{1}{2}$ cup each: almonds and dried cherries (both chopped)
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt

- 2 bananas
- 1 $\frac{3}{4}$ cups non-dairy milk or water
- 2 teaspoons vanilla

1. Preheat the oven to 350 degrees F.
2. Lightly oil a 12-muffin tin or one 9-inch round (or similar size) cake pan.
3. In a bowl, combine the dry ingredients.
4. In another bowl, mash the bananas and pour in the liquid and vanilla. Stir until thoroughly mixed.
5. Pour the wet ingredients into the dry ones and mix until just combined. Spoon the batter into the muffin tins or cake pan.
6. Bake 25-30 minutes (cupcakes) or 40-50 minutes (cake) or until a toothpick comes out clean. Allow to cool for a few minutes before moving to a wire rack to finish cooling.

* See “Ingredient Guide” for grinding tips