



# Delicious Vegan Banana Cake

🕒 Preparation time: 20 minutes

👤 Portions: 3

🕒 Cooking time: 35 minutes

**Total time: 55 minutes**

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## Ingredients for a small cake (serves 2-3)

- 200 g (2 cups) glutenfree oats
- 2 ripe bananas
- 2 tsp cinnamon
- 1 tsp baking powder
- 1 tsp baking soda (or more baking powder)
- 1 tsp lemon juice
- 1 tbsp coconut sugar (or cane sugar)
- A pinch of sea salt
- 200 ml (0.9 cups) plantbased milk (such as almond milk, rice milk or oats milk)
- Optional: 2 tbsp walnuts
- Optional: Rice syrup or maple syrup for drizzling the cake

In addition: a small springform pan with 17 cm diameter

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## Instructions (15-20 minutes preparation + 35 minutes baking time)

1. Preheat the oven to 200 °C (392 °F) circulating heat. Open the springform pan, place a baking paper sheet over the bottom of the mold and close it. Trim baking paper on the outside of the baking tin.
2. Grind 200 g of gluten-free oats in a high-speed blender. Add a peeled banana cut in cubes, 1 tsp baking powder and a tsp baking soda and drizzle with 1 tbsp of lemon juice until it starts to build a foam. Add 2 tsp cinnamon, 1 heaped tbsp coconut sugar, a pinch of sea salt and 200 ml of plant based milk and blend until creamy.
3. Pour the incredibly delicious dough (try it!) into the baking pan and let it sit for 5 minutes. The oat dough thickens a bit more( meanwhile, you can snack the rest of the dough to "clean the blender thoroughly". Thats how I do it...laughing... and I always leave a little more dough in the blender than necessary... hmmm ...).
4. Peel and slice a second banana. Place the banana slices on the cake and press into the dough. Sprinkle the dough with 1-2 teaspoons of coconut sugar and a pinch of cinnamon.
5. Bake the banana cake at 200 C° (392 °F) for 35-37 minutes. The baking time may vary slightly depending on the type and age of your oven. (Just test with a wooden skewer. The dough should not grab onto it anymore).
6. Let the baked cake cool for 10 minutes before removing the springform pan. Then carefully remove the cake from the edge of the springform pan with a thin knife and open the mold. Chop some walnuts (optional) and sprinkle over the cake. Enjoy the banana cake with coconut sugar sprinkled on it and dusted with a little bit more cinnamon. If you like, you can also drizzle maple syrup over the cake. What a start into the day. Have a good one.