
Nadia Lim's

Mini Banana Coconut Cakes



Serves 12-16



Dairy free



Gluten free

Prep: 15 minutes

Cooks in: 25 minutes



INGREDIENTS

Butter 125g (or 100g coconut oil)

Sugar or honey ¼ cup

Large, ripe bananas 3, mashed

Desiccated coconut 2 cups

Flour 1 cup (e.g. plain or wholemeal, or Gluten-free, buckwheat flour or ground Almonds to make gluten-free)

Baking soda 1 teaspoon (check it is gluten-free if required)

Free-range eggs 4

Vanilla essence or extract 2 teaspoons

Pinch of **salt**

Pinch of **ground cinnamon**

METHOD

Preheat oven to 180 °C. Grease a 12-hole small-medium muffin pan with coconut oil or butter.

1. Gently melt coconut oil or butter and honey or sugar together in microwave or a small saucepan on the stovetop.
2. In a large mixing bowl, combine melted butter/oil mixture with mashed bananas, coconut, flour, baking soda, eggs, vanilla and salt until just combined, being careful not to over-mix.
3. Spoon mixture into greased muffin pan, dividing equally. Sprinkle with cinnamon. Bake for about 25 minutes or until light golden and a skewer comes out clean when inserted into the middle of one of the cakes.

The cakes will keep in an airtight container for a few days and can also be frozen well. Scrumptious served warm (you can reheat them gently in the microwave for about 20 seconds or in the oven for a few minutes) and spread with a little butter!