

Gluten Free Dairy Free Banana, Carrot or Beetroot Cake

(super easy, dairy free)



Your 'handling' time: 15 minutes



Cook Time: see below



Serving: 8-12 slices

Ingredients

Makes one loaf or 8 cupcakes

Dry ingredients:

250g Wild Sourdough Gluten Free Flour

½ tsp baking soda (gluten free)

1tsp baking powder (gluten & aluminium free)

1-1.5tsp cinnamon powder

1-1.5tsp mixed spice

225g light brown sugar, raw sugar or rapadura sugar

Wet ingredients:

200g ripe banana flesh mashed, OR

200g grated raw beetroot, OR

200g grated raw carrot

80g light-tasting vegetable oil, such as sunflower/ grapeseed/ light olive oil

80g vegan or dairy butter

3 whole pastured eggs, beaten (approx. weight 150g with no shells)

50g lemon or lime juice

To be folded in at the end:

Banana Cake: 150g choc chips (70% or above are vegan)

Carrot or Beetroot Cake: 75g walnut, broken or chopped coarsely and 75g sultana

Method

- **Oil for greasing tin, nonstick baking paper to line tin**
- Preheat the oven to 160°C fan forced (325°F)
- Add all the dry ingredients to a medium-size mixing bowl. Whisk until there are no lumps.
- Add all the wet ingredients to the bowl and mix or whisk until combined.
- Spoon/pour the slightly runny batter into a lined cake loaf tin or two smaller baking loaf tins or 18-20cm round tin or cupcake tin
- For Cake: bake for approx. 1-1.15mins, it is cooked when an inserted skewer is dry.
- For Cake: bake for approx. 35-45 mins, it is cooked when an inserted skewer is dry.
- Allow the loaf to rest in the tin for at least 5 minutes.
- Remove cake from the tin and allow it to cool on a wire rack.
- You can top the cake with icing or chocolate ganache

Store in an airtight container without the topping at room temperature for 1 day, or in fridge for 5 days or in the freezer up to 1 month

Vegan Egg Replacer may be substituted for eggs to the exact weight in the recipe



