

BANANA CHIA CAKE



Make a unique, dome-shaped, cake and without the fuss of lining cake tins. Serve warm, straight from the Hokan bowl, or store it in the bowl, ready for a quick snack when needed. Delicious enough to serve as dessert; blend an avocado and a tablespoon of nut butter for a delicious creamy frosting.

75g mashed banana **2 tbsp/60ml rapeseed oil** Cook

time:

75g banana skin puree* **1/4 cup chia seeds** 45

minutes

1 egg

1 cup almond flour

1 tbsp vanilla extract

1/2 tsp baking powder Serves: 8

2 tbsps maple syrup

1/2 tsp bicarbonate of soda

30g nut butter**

A fantastic way of using bananas skins. Place the banana skin in a medium Hokan bowl and cover with 350ml of cold water. Put the lid on and store in the fridge. The following day drain the water, rinse and cover the banana skin with fresh water. By the third day it is ready to use. Drain the water, place the skin in a saucepan, cover with fresh water and bring to the boil. Leave it for 5 minutes, drain, cut the stalk off and blend until smooth puree. Preheat your oven to 150°C. Take the medium Hokan Bowl, brush with rapeseed oil, coat with almond flour and set aside. Add the egg, banana skin puree, vanilla, maple, nut butter, oil, and chia seeds to your food processor, whizz for a minute then add the combined dry ingredients. Finally add the mashed banana (keep the skin for next time!), pulse for 10 seconds until combined with the rest of the mixture; no more than this or the cake will be rubbery. Pour the mixture into a medium Hokan Bowl, leave the lid off, place on the middle shelf of your preheated oven and let it bake. Check the cake at 40 minutes, it will be ready when golden on the top. Leave it to cool then run a wooden skewer around the edge of the cake. With an oven glove, hold the Hokan bowl upside down and lightly slap the bottom of the bowl several times to loosen the cake until it rolls out onto a serving plate!

One serving: Calories 169, Fat(g); 11.3, Saturated(g); 1.2, Polyunsaturated(g); 1.7, Monounsaturated(g); 1, Sodium(mg); 14.1, Potassium(mg); 92.5, Carbs(g); 12.5, Fibre(g); 3.4, Sugars(g); 6.8, Protein(g); 6.1, Vitamin A (%); 1.6, Vitamin C(%); 3.2, Calcium(%); 6.5, Iron(%); 4.2. *(vitamin percentage based on a 2000 calorie/day diet)*

58% fat - 28% carbohydrates - 14% protein

