



Breakfast cake #3

(Serves 4= 7 inches diameter Lidded Casserole dish)



Equipment: Mini chopper or food processor

Ingredients:

3 bananas

3 tablespoons nuts flour (cashew, hazel, almond etc.)

3 tablespoons coconut flour

3 tablespoons polenta

2 eggs

½ teaspoon baking powder

½ teaspoon cinnamon

Pinch of allspice (optional)

Coconut oil to grease the dish

Topping:

Coconut cream, nuts and seeds and coconut chips etc.

Direction:

- 1) Preheat oven 180°C
- 2) Grease a casserole dish.
- 3) Mix all ingredients in a mini chopper or food processor.
- 4) Pour the mix into casserole dish and microwave for 5 minutes without its lid.
- 5) Bake it for 5 minutes.
- 6) Serve with your favourite toppings.