

Jackson Family Favourite Banana Cake, Gluten and Grain-Free

Number of Servings: 12-15

Prep Time: 20 minutes

Cook Time: 50-55 minutes

Ingredients

You can pre-mix the grain-free, gluten-free blend found in on the recipe page, or use the breakdown of individual flours included in the recipe.

227g or 1 cup unsalted butter, softened

200g or 1 cup muscovado brown sugar

225g or 1 cup organic sugar or you can sub w/ 200g coconut palm sugar or more muscovado.

2 eggs, preferably organic free range

2 tsp vanilla

900g or 3 cups mashed banana about 6-8 bananas

225g or 1 cup sour cream, whole greek yogurt or strained yogurt to the consistency of greek yogurt.

375g or 3 cups grain free, gluten free flour blend*

(see recipes page for GF grain free blend, this is a gum free blend)

OR

124g buckwheat flour (buckwheat is a fruit seed not a grain)

84g almond flour

84g arrowroot flour

84g ground flax meal, preferably fresh

2 tsp baking soda

2 tsp gf baking powder

1/2 tsp sea salt

Topping

350g or 2 cups gf chocolate chips, semi-sweet, dark or milk or even white or any combination you choose.

1 tsp cinnamon

100g or 1/2 cup muscovado brown sugar or regular dark brown sugar

63g or 1/2 cup chopped walnuts, hazelnuts or pecans or seed of your choice, pumpkin seed is nice (nuts/seeds are optional)

9X13 baking dish with high sides or 10X14 casserole dish

extra butter for greasing the dish.

350F oven

*Make sure to use the spoon and swipe technique when using volume measurements.

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Instructions

In a large stand mixer with paddle or bowl with hand mixer, cream the butter and sugars until creamy but not too fluffy (or the cake will fall after baking)

Add the eggs one at a time blending well then add vanilla.

In a bowl add the mashed banana and sour cream and set aside.

In another bowl add the flour blend or weighed flours, salt, baking soda and powder and mix well.

Alternate the dry and wet ingredients in 3 sections starting with the dry first and ending with the banana mixture.

In a bowl add all topping ingredients and mix well.

Grease the pan with butter. Pour half of the batter into the pan, then sprinkle with half the topping mixture. Cover with remaining batter and sprinkle with the other half of topping mixture.

Bake in a 350-degree oven for 50-55 minutes or until a toothpick inserted in middle comes out clean.

Let rest 20 minutes before slicing.

Keeps well, covered on the counter for 3-5 days or in the fridge for a week...if it can last that long :)