

Guilt Free Banana and Walnut Cake

I adapted the recipe for Flour Free Chocolate and Beetroot Cake from Amber Rose, Love, Bake and Nourish to make this Banana and Walnut Cake version. You swap usual cake ingredients - sugar, butter and flour, which are not so great for the tummy, for ones that are far healthier and contain more nutrients for your body.



Ingredients

- 2 large ripe (the more ripe the better) bananas
- 1 teaspoon of lemon
- 4 large free-range eggs
- 4 tablespoons honey
- 1 teaspoon vanilla extract
- 1 teaspoon gluten-free baking powder (if you want your cake to be gluten-free)
- Pinch of sea salt
- 125g ground almonds
- 75g of walnuts (chopped in half or buy walnut halves)
- 3½ tablespoons cold-pressed olive oil

How to make

1. Turn oven to 180°C. Grease and line a 22cm loose-bottomed cake tin.
2. Mash your bananas and sprinkle over some lemon juice.
3. In a large mixing bowl, beat the eggs, honey, vanilla extract, baking powder, salt and mashed bananas with an electric mixer. When these ingredients are thoroughly combined, fold in the ground almonds.
4. Gently stir the oil into the cake mixture until well combined.
5. Pour the mixture into the prepared cake tin and bake for 35 minutes or until a skewer inserted into the centre comes out clean. Remove from the oven and leave the cake to cool in the tin.
6. Once the cake is completely cool, dust with cocoa powder. Then slice and serve.

Why it's the BeezKneez..

It uses:

Olive oil, rather than butter. Olive Oil is like a food medicine. It helps lower bad cholesterol levels and is a great source of Vitamin E - great for helping fight heart disease and cancer.

Ground Almonds, rather than flour (great for gluten intolerances). Rich in protein (more than eggs) to help improve muscle tone and great for digestive upsets, skin and urinary infections (common in pregnancy.)



Honey, rather than sugar. We use less of it than table sugar as it is sweeter, therefore there are less calories in this recipe. Honey doesn't cause the rapid blood sugar spikes that table sugar does (leading to more sugar cravings!). It contains antioxidants which help fight against cancer versus table sugar which is theoretically 'empty' calories.

Plus:

Bananas, are a great 'fast food'. Packed with potassium, an essential nutrient for every cell in your body. Bananas also contain zinc, iron, folic acid and calcium all nutrients that are key for healthy development of your baby and a healthy pregnancy for the mum to be. Rich in the fibre, pectin, this helps eliminate waste to aid digestion and helping reduce feelings of bloatedness.

Walnuts, protein rich containing as much, weight for weight, as eggs. Walnuts are also high in zinc, iron and potassium to help increase your energy levels.

Vicky Warr, is founder of TheBeezKneez, pregnancy and post natal group fitness and personal training specialists. www.beez-kneez.co.uk. She hunts high and low for healthy recipes to give to her clients so they can eat smartly, healthily and not feel deprived. TheBeezKneez clients never need to diet!