

Healthy Banana Cake

Yield: 10 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/banana-cake-recipe-with-greek-yogurt>

Ingredients:

- cake
- 2 cups white whole wheat flour or all-purpose flour
- 1/2 teaspoon ground cinnamon
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon kosher salt
- 3 bananas ripe
- 1/2 cup greek yogurt vanilla or plain
- 1/3 cup pure maple syrup
- 1 teaspoon vanilla extract
- 1 tablespoon coconut oil melted and slightly cooled
- 1 egg room temperature
- whipped cream Coconut
- 28 ounces full fat coconut milk
- 8 tablespoons honey powdered, agave or maple syrup
- 1 teaspoon vanilla extract

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 25 milligrams
4. Fat: 22 grams
5. Fiber: 6 grams
6. Protein: 6 grams
7. SaturatedFat: 18 grams
8. Sodium: 340 milligrams
9. Sugar: 28 grams

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