

# Healthy Smash Cake

Yield: 12 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-smash-cake-recipe>

## Ingredients:

- 1 1/4 cups whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 banana very ripe
- 3 strawberries
- 1/4 cup unsweetened applesauce
- 1/4 cup whole milk
- 1 egg
- 1 teaspoon pure vanilla extract
- 1 cup whipping cream
- 1 tablespoon maple syrup

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 30 milligrams
4. Fat: 4.5 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 160 milligrams
9. Sugar: 3 grams

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