

LOW CARB BANANA & STRAWBERRY CAKE



Serves: 16
Prep: 10 mins
Cook: 60 mins



Nutrition per
serving:
104 kcal
5g Fats
16g Carbs
2g Protein



WHAT YOU NEED

- 4 small ripe bananas
- 1 cup (130g) wheat flour
- ½ cup (60g) buckwheat flour
- ¼ cup (60ml) coconut oil
- 2 tbsp. stevia/xylitol
- 1 egg
- 1 tsp. baking powder
- 10 strawberries, halved

WHAT YOU NEED TO DO

Pre-heat oven to 350° F (180° C).

Peel the bananas and place them in a food processor or high-speed blender. Blitz until smooth.

Add in the egg, oil and xylitol, then mix again. Next, add in the flours and baking powder, and blitz until a smooth batter is formed.

Transfer the batter into a greased or silicon cake tray. Place the halved strawberries on top and bake for around 60 minutes, until the cake is golden brown and cooked through.

