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# BANANA & MAPLE LAYER CAKE WITH AVOCADO CHOCOLATE FROSTING

 VEG, RSF, Dairy Free

 1.5 hrs (plus cooling time)

 10-12

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## Ingredients

### Maple Banana Cake

- 150g coconut oil
- ½ cup coconut sugar
- ½ cup pure maple syrup
- 1 tbs vanilla powder
- 1 tsp cinnamon powder
- 3 eggs
- 6 large bananas, mashed
- 1 cup almond milk
- 1½ tsp baking powder
- ½ tsp bi-carb soda
- 1 tbs lemon juice
- 3 cups whole-spelt flour
- ¼ tsp flaked sea salt
- ½ cup extra maple, for drizzling over the cake layers

### Cacao Fudge Frosting

- 3 large avocados, peeled & deseeded
- ½ cup coconut oil
- ½ cup pure maple syrup
- 3 tbs cacao powder
- 200g dark chocolate, melted
- 1 tsp vanilla powder
- ½ tsp sea salt flakes
- ¼ cup rice malt syrup



## Method

### Maple Banana Cake

1. Pre-heat your oven to 180 degrees celsius.
2. In a large mixing bowl combine the coconut oil, coconut sugar, maple syrup, cinnamon and vanilla powder, and mix until smooth.
3. Now whisk in the eggs, mashed banana and almond milk, and mix until well combined.
4. Next add the baking powder, bi-carb soda and lemon juice (the lemon juice activates the bi-carb soda and will fizz up a little).
5. Fold in the spelt flour and sea salt, and stir until just combined.
6. Pour the mixture into two paper lined round cake tins (about 18-20cm wide), and place into the oven for about 40 minutes.
7. If the cakes are still a little under cooked, place them back into the oven for another 5-10 minutes.
8. Remove the cakes from the oven and set aside to cool. If you are planning on frosting the cakes relatively quickly, place them into the freezer for about an hour or until completely cool.

### Cacao Fudge Frosting

- In a food processor, add the avocado and blend until super smooth (this will take 2-3 minutes). Take your time on this step to ensure the avocado is silky smooth.
- Next add the coconut oil, rice malt syrup, maple syrup, cacao powder, vanilla powder, and sea salt, and blend until smooth (1-2 minutes).
- Finally, add the melted chocolate and blend until smooth (a further 1-2 minutes).
- Place the mixture into the fridge for an hour or two to firm up before frosting the cakes.

### To Assemble The Cake

- Ensure the cakes are completely cold before frosting (this will prevent any melted frosting disasters).
- You can either slice the cakes in half to create four layers, or just keep the two layers.
- Place the first cake layer onto a serving plate and drizzle the top of the cake with a few tablespoons of maple syrup.
- Next, scoop a couple of large spoonfuls of frosting onto the cake and smooth with the back of a spoon or a frosting spatula.
- Place the second cake layer on top, and add more maple syrup and frosting to the top of the second layer (repeating again if you are creating four layers).
- Smooth the frosting around the outside and top of the cake with a tall frosting spatula until smooth.
- Decorate with cacao nibs, flowers and foliage or some flaked chocolate. Enjoy!

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