



Healthy Recipes for Healthy Living

Dr. Reina Persaud, ND

Banana Cake (non-wheat)



2 cups spelt flour
1 tsp. baking soda
2 tbsp. ground flax seeds
1/2 tsp. salt
1 cup brown rice flour
4 medium size bananas (or 2 1/2 cups of bananas)
1/2 cup either of sucanet/turbinado
sugar/molasses/honey

1 cup soymilk
1 tsp. vanilla
1 tsp. cinnamon
1/3 cup either of raisins/chopped dates (optional)
1/2 cup crushed walnuts/ almonds
2 tbsp. olive oil
olive oil spray for pan

Preheat oven to 350°F. Mix together dry ingredients add in mashed bananas, sucanet, soymilk, nuts and vanilla. Lightly spray an 8x8 pan or bundt pan with olive oil spray. Spread the batter in the pan. Bake 40-45 minutes depending on oven or until a toothpick inserted in the center comes out clean. Enjoy!