

From the Kitchens' Of



Vegan Banana Cake

Serves - 6

Cooking Time - 1 hour

Ingredients

1 1/2 cup whole wheat pastry flour	2 tablespoons corn meal
2 teaspoons baking powder	1/4 cup oil
1/4 teaspoon baking soda	1/2 cup sugar
1/2 teaspoon salt	1 cup mashed bananas
2 tablespoons ground flax seed meal - (flax seeds ground in the blender)	1/2 cup cool water or soymilk
	1/2 cup chopped walnuts or pecans, (optional)

Directions

Grease a medium loaf pan and line with baking paper.

(See Reverse)

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Vegan Banana Cake

Directions, continued

Pre-heat oven to 175.

Mix first six in a large bowl.

Mix bananas, sugar, oil, and water, (or soymilk), in a separate bowl.

Mix both together with a wooden spoon, then add nuts if you are using them. Add a bit more liquid if you think the batter is too thick. Pour batter into the prepared pan and pop into oven.

Bake at 175 for around 55-60 min until center is cooked. A trick to determining if batter is cooked is to place a toothpick into the center; if it comes out clean, the item is baked!

Slice when cool.