Vegan Banana & Chocolate Cake

Ingredients
210g Wholemeal self-raising flour
75g Soft brown sugar
1 tsp Baking powder
1 tsp Baking soda
75ml Sunflower or vegetable oil
4 Ripe bananas
56ml Almond or oat milk
100g Chocolate chips
Pinch of salt

Serves 6 - 8

Method
1. Heat the oven to 180°C. Line a 6 x 10 inch baking tin with greaseproof paper.

2. Peel and mash the bananas in a bowl with a fork.

3. Fold in all the remaining ingredients and transfer to the prepared tin.

4. Bake for 25 - 35 minutes, or until a knife inserted into the center of the cake comes out clean.

5. Cool in the tin for 10 minutes, then transfer to a wire rack to cool completely.

Top Tips
To make zesty glace icing; mix 4 tbsp icing sugar with the zest of an orange and a little squeezed juice to make a thin paste. Drizzle the icing over the cooled cake. Allow to set before serving.

Freeze in portions for up to 3 months or store in an airtight container for up to a week.

Green Banana Top Tips
To ripen green bananas quickly, place them in a paper bag and fold the top of the bag closed. This traps the natural gases that bananas give off as they ripen and speeds up the process.

Green bananas are actually really good for you – they are beneficial in various stomach ailments, such as gastric ulcers, bloating, constipation, diarrhoea, and bacterial infection of the digestive tract.

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