



If you found this recipe while searching for an apple banana cake you might like to try the [Banna Apple Loaf](#) recipe instead. I recently changed the name of this recipe from Apple Banana Cake to Apple Cinnamon Cake. The main ingredients in this cake are apples and bananas but it doesn't actually taste of banana at all. But it is very simple, very healthy and a surprisingly sweet treat.

I came up with my banana apple cake while I was on a self-imposed detox. I couldn't have any refined sugar or wheat or dairy - the usual suspects. I was looking for some kind of sweet treat and I wondered if I could make some sort of cake using ground almonds for the flour and bananas for the fat and sugar. This is the easiest thing in the world to make - a child could make it very easily. And if you want to make a vegan version it's still quite good without the egg.

It may not look the best, but personally I love this. It's full of protein, minerals and good fat. And it's one of those comforting stodgy kind of treats - though not overly sweet.



The way I make Apple-Banana Cake is



Ingredients

- 4 well-ripe bananas

- 1 large egg
- 100g ground almonds
- 2 braeburn apples
- 2 tsp ground cinnamon



Instructions

1. Grease a 6 or 8 inch baking tin with a little sunflower oil
2. Mash the bananas on a plate with a fork till they are just a gooey mess.
3. Put the ground almonds in a bowl, crack the egg over them and using an electric whisk, whisk together till are nicely blended
4. Add in the mashed banana and whisk again till you a nicely fluffy and smooth mix
5. Peel the apples and remove the core and stalk and cut into small chunks
6. Sprinkle some of the mixed spice or ground cinnamon over the base of the baking tin and then add the cubes of apple and sprinkle over the rest of the spice
7. Spoon in the cake mixture and smooth it over the apple till all the apple chunks are covered
8. Place in a preheated oven and cook at a moderate temperature until it's a brown on top as the picture above.