



I love my [Apple Cinnamon Cake](#) (aka the Apple Banana Cake). Love it, make it all the time. It's so simple. The thing is though, even though it has lots of banana in it, it doesn't taste of banana at all, hence the name change. I decided that before I changed the name I needed to come up with some proper apple-banana creation. I had a few false starts, some of which were so bad they ended up in the bin. The [Apple Banana Cinnamon Cake](#) is coeliac-friendly so I also wanted this one to be so but I wanted it to be a completely different taste and texture to the cake. And it is. In fact the texture is so different it really couldn't be called a cake it's definitely more of a loaf. A quite dense loaf but it's good. And it smells so good cooking too.

And also it has no dairy, but it does use eggs so it's not vegan, but it's still a very nutritious slice of sweetness. It's quite filling; a substantial healthy treat with a cup of tea, rather than a dessert. ***While this loaf is dairy free, the best way to eat it is as a toasted slice topped with melted cheese.***

The way I make Banana Apple Loaf is



For the Apple Cinnamon Cake I took a picture of the ingredients, just to show how little there is in it, and so how simple it is. I've done the same here - just for comparison. The quantities in the picture in no way reflect what's in the cake. It only occurred to me afterwards to do this and by that time I didn't have enough of the ingredients left.



Ingredients

- 100g corn meal (*also known as corn flour - the yellow stuff*)
- 50g cornflour (*also known as corn starch - the white stuff*)
- 40g ground almonds
- 1/2 tsp baking powder
- 3 tbsp sunflower oil
- 2 eggs
- 6 ripe bananas
- 4 sweet firm apples
- 200ml apple juice (not from concentrate)
- 1/2 tsp cinnamon
- 5 dried dates, pitted & chopped small
- fresh lemon juice

Instructions

1. Peel and core 3 of the apples and slice thinly. In a small saucepan, add the sliced apple to the apple juice, cinnamon and chopped dates. Cover and leave to simmer away on a gentle heat. Cook until the apple is soft and the liquid has almost gone, then simply mash it to mush. *I'd advise adding the cinnamon even if you're not keen on it because it's just to add sweetness - honestly you won't taste it and you'll have a lovely sweet apple sauce.*
2. Preheat the oven to a moderate heat.
3. Mash 4 of the bananas.
4. Slice the other 2 bananas in half and then slice the halves into thick lengthwise slices. Squeeze a little lemon juice over them (stops them turning brown but also sharpens the tastes). Peel and core the remaining apple and slice. Gently mix the apples slices around with the banana slices so that they also get covered with the lemon juice.
5. Sieve the the corn meal, cornflour and baking powder into a large bowl, mix in the ground almonds.
6. Add the oil. Lightly and quickly rub the oil in to the flour.
7. Add the mashed bananas, apple sauce and 2 eggs to the bowl. Whisk it all up.
8. Gently mix in the banana and apple slices.
9. Grease a loaf tin with sunflower oil and pour in the loaf mix. Bake at a moderate heat until cooked through.