

BANANA CAKE WITH PLUMS AND NUT CRUMBLE

Liczba porcji
3 os.

Czas
45 min

Liczba kalorii
280 kcal

Białko
7g

Węglowodany
45g

Tłuszcze
7g

SKŁADNIKI

Cake:

- 2 bananas
- 60g spelled flour
- 2 eggs
- 200g plums
- pinch cinnamon

Crumble:

- 15g oats
- 10g peanut butter
- 10g dried cranberries
- 5g maple syrup
- pinch cinnamon

PRZYGOTOWANIE

Mix bananas, eggs, cinnamon and flour until smooth and pour them into a small, long mold. Cut the plums in half, remove the pit and put them on top. Mix all the ingredients for the crumble. Sprinkle the crumble on top of the cake. Bake at 180 degrees for 25-35 minutes until a dry stick. We recommend serving with a portion of protein, e.g. Skyr yogurt.