Vegan Sticky Pecan Banana Cake

Cook Time: 0 min prep Time: 0 min total Time: 0 min servings: 0
Ingredients:

Sticky Pecan Topping:

- 1 tbsp coconut oil
- 1 tbsp coconut butter / manna (or replace with coconut oil)
- 3 tbsp coconut sugar or brown sugar
- 3 tbsp pure maple syrup
- 1 cup pecans, toasted

Banana Cake:

- 1 cup mashed ripe banana
- 1/2 cup whole cane sugar
- 2 tbsp coconut oil
- 1/3 cup light coconut milk or almond milk
- 1 tsp vanilla
- 1/2 cup oat flour
- 1 cup whole wheat pastry flour
- 3/4 tsp baking soda
- 3/4 tsp salt

Instructions:

1. Pre-heat the oven to 375F or 190C. Line a 9inch cake pan with parchment paper and well grease or spray the cake pan with non-stick cooking spray. Place the cake pan on a baking sheet and set aside.
2. To make the sticky pecan topping, melt the coconut oil and butter with the brown sugar, and maple syrup in a small saucepan over medium heat stirring occasionally.
3. Remove from the heat and pour the toffee mixture into the prepared cake pan. Sprinkle the pecan evenly on top. Set aside while you make the banana cake.
4. To make the cake, in a small blender, blend the banana with the oil, milk, sugar and vanilla just until combined. In a bowl mix together the flours, baking soda and salt. Pour over the banana mixture and fold to combine. Do not over-mix. If the batter looks too thick, add warm water (about 2 to 4 tbsp) until you have a pourable consistency almost like very thick pancake batter.
5. Scoop the batter carefully on top of the sticky pecan mixture and spread it out.
6. Bake for 25 mins until a toothpick inserted inside the centre of the cake comes out clean. Cool completely.
7. Once cooled, use a knife to loosen the cake from the edge of the pan. Then place a serving plate on top of the cake then turn over so the sticky pecans are now facing up. Remove the cake pan and then slowly peel away the parchment paper.
8. Serve warm or at room temperature with a cup of tea! Enjoy.