



cara price

GLUTEN FREE HUMMINGBIRD CAKE

INGREDIENTS

for the cake:

- 2 cups almond flour
- ¾ cup coconut flour
- 1 stick butter, melted & cooled (sub ½ cup ghee or dairy free butter, measure before melting)
- 4 large eggs, room temperature
- 3 bananas, very ripe
- 1 – 8 ounce can crushed pineapple, no sugar added
- 1 cup pecans, chopped
- ½ cup maple sugar
- 1 tablespoon vanilla
- 3 teaspoons cinnamon
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- quality spray oil

for the icing:

- 1 ½ cups palm shortening
- 1 cup coconut butter, very soft
- 1 cup honey
- 2 tablespoons lemon juice
- 1 teaspoon apple cider vinegar
- ½ teaspoon salt
- ½ cup pecan pieces

necessary kitchen tools:

- 2 - 8" cake pans
- parchment paper
- electric mixer

DIRECTIONS

Preheat oven to 325.

Lightly spray the cake pans, making sure to coat the sides of the pan. Cut two circles of parchment paper to fit inside the bottom of the cake pans. Lay one circle of parchment paper inside each cake pan & set aside.

In a large bowl or stand mixer, beat the bananas & melted butter on a low-medium speed until the bananas are mostly mushy but not completely creamy.

Add in the eggs, pineapple & vanilla. Mix just until well combined.

Combine the flours, maple sugar, cinnamon, baking powder, baking soda & salt in a medium size bowl.

Add the flour mixture into the liquid mixture & combine on slow speed, scraping the sides of the bowl as necessary. Increase speed to medium once it's mostly mixed & continue mixing until all the ingredients are completely blended. Fold in the 1 cup of chopped pecans.

Evenly divide the cake batter into the cake pans. Wet your fingertips & gently smooth out the top of the cake batter to the edges of the cake pan, making sure it is completely smooth across the top.

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DIRECTIONS - CONTINUED

Bake the cake for 34-38 minutes, keeping a close eye on it at the end. Baked goods with an almond flour base, go from not done to burned very quickly. Test the center of your cake with a toothpick.

Once done, remove the cake pans from the oven & set aside to cool for 30 minutes. Then turn the pan over to remove the cake & allow to cool completely (at least one hour) on a cooling rack. You can speed this process up a little bit by putting the cake in the refrigerator.

When you are ready to put the icing on the cooled cake, mix all the icing ingredients, except the pecan pieces with an electric mixer until well blended. Put the icing in the refrigerator 15-20 minutes. This should yield an icing with a firm enough texture to smooth over the cake but it should not be runny. Test it by dipping a spoon in the icing, if it sticks to the spoon without dripping off, it is ready. Alternately, if your icing gets too hard, allow it to sit on the counter for 15-20 minutes to soften.

Make sure your cake is completely cooled (**this is critical or your icing will melt**) before icing. Place one layer of the cake on a plate or stand. Spread enough icing over the top of the first layer to give a nice cushion between the top & bottom layer. Then carefully place the top layer of the cake on & generously ice the top of the cake. Use the remaining icing to ice the sides of the cake.

Sprinkle the top of the cake with ½ cup of pecan pieces. Serve immediately or store in the refrigerator for up to 5 days.