

Hummingbird Cake



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A soft moist banana pineapple spiced sponge soaked in a triple milk mixture. Topped with whipped cream and a dusting of crushed pecans its light yet squidgey with a delicious tropical sweet flavour.

Ingredients

Sponge

- 220g vegetable oil
- 320g self raising flour
- 1/2 tsp baking powder
- 1/4 tsp bicarbonate soda
- 200g light brown sugar
- 2 tsp ground cinnamon
- 1/2 tsp all spice
- 1/4 tsp nutmeg
- 2 small bananas, ripe and mashed
- 200g dairy free yoghurt
- 150g canned pineapple chunks, drained and blended into a pureé

Frosting

- 400g block butter, room temp
- 600g icing sugar
- 180g dairy free cream cheese (make sure your cream cheese has no excess

Instructions

1. Lightly grease three 6 inch baking tins and heat the oven to 175 degrees C (Fan oven)
2. In a large bowl combine the wet ingredients for the sponge. Using a mesh sieve, sift in the dry ingredients. Mix until combined (the mixture will be thick).
3. Pour the batter into the tins and bake for 30-35 mins, or until golden and a toothpick inserted into the centre comes out clean and the sponge springs back when touched in the middle. (All ovens are different so if after 30 minutes your cake is still not cooked, carry on baking and check every 5 minutes until cooked. If your cake is browning too much on top lightly cover it with tin foil)
4. Whilst the sponges are cooling, make the frosting.
5. In the bowl of a stand mixer fitted with a paddle attachment, beat the butter on high until light and fluffy, about 5 minutes. Turn the mixer to low, add the powdered sugar, and mix until well combined. Add the vanilla and cream cheese. Mix until well combined and thick.
6. Make the caramel by combining the ingredients. Depending on the nut butter you are using, you may need more coconut oil, keep adding until it is your desired consistency.
7. Layer the cakes once cool!

water)

- 1 tsp vanilla extract (optional)

Caramel

- 150g pecan butter (peanut or almond

are my favourite!)

- 60g maple syrup

- 30g coconut oil, melted

Notes

All ingredients at room temp unless otherwise stated.

** Use yoghurt high in protein for best results - I used soya.

