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Banana, Almond & Cinnamon Cake

I made this recipe a year or so back, but somehow lost it on my system and I was so mad at myself! A year later and here it is – Banana, Almond and Cinnamon Cake – a great teatime treat, slightly moist and full of flavour. Cut yourself a slice and Enjoy!

INGREDIENTS

250g (9 oz) plain wholemeal flour (wholewheat)

1 tsp salt

1 heaped tsp baking powder

1 tsp ground cinnamon

4 ripe bananas (small)

100 ml (3½ fl oz) canola or vegetable oil (you can probably make this with coconut oil – available in the UK from [here](#), and in the US from [here](#))

25g (1 oz) vegan butter (vegan margarine)

175g (6 oz) molasses sugar

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Share 2 tsp egg replacer (available in the UK from [here](#), and in the US from [here](#))

75g (6 oz) almonds, chopped

pinch of salt

METHOD

1. Preheat your oven to 350°F (180°C), and lightly grease your loaf tin (I suggest a 1 kg size)
2. Sift your flour, baking powder, salt, and cinnamon into a large bowl, and give them a good stir using a fork.
3. Peel the bananas, and mash with a fork in a separate bowl, then add them to the flour mix. Add in all the other ingredients, except for the nuts.
4. Beat the mixture using a hand-held electric whisk until smooth. Then fold in the almonds.
5. Spoon your mixture into your greased loaf tin, and smooth the top using a spatula. Bake in the oven for around 1-1¼ hours – you will know your cake is ready when you are able to insert a sharp knife or metal skewer into the centre of the cake, and it comes out clean.
6. Leave to cool for a short while, before transferring to a wire cake rack. You can store the cake in the fridge for a few days, though I doubt that will be the case ! Enjoy !

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PLEASE SCROLL DOWN TO THE COMMENT BOX AT THE BOTTOM OF THIS PAGE TO LEAVE YOUR COMMENT ON THIS RECIPE. THANK YOU.



1
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ream of Asparagus,
eek & Parsley Soup

Spicy Bean & Lentil
Casserole in a Hearty
Pimento Tomato Sauce
with My Walnut & Garlic



53 COMMENTS



MichaelB

September 22, 2013 at 10:38 am

Try it with walnuts too.



Michael (from Facebook)

September 22, 2013 at 10:40 am

Shared on Facebook! 😊

I have always loved this kind of pastry! Yes, this would be delightful to serve at a tea party!



Miriam

September 22, 2013 at 5:12 pm

Great for a tea party Michael ! 😊

1
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Miriam

September 22, 2013 at 5:12 pm

Have made it with walnuts too Michael and it works great with it too ! 😊



Tracy

September 22, 2013 at 8:40 pm

Shared on Facebook. This is a must try recipe, thanks Miriam! 😊



Miriam

September 22, 2013 at 9:54 pm

Tracy thanks for sharing and hope you enjoy it as and when – let me know how it goes.



Anita

September 23, 2013 at 2:35 pm

what are the US measurements on this recipe.



Toni

September 23, 2013 at 4:01 pm

Hi, this looks great, but I have a few questions, can you use whole wheat flour, what is molasses sugar, can you use 1 egg instead, and do you need the vegan butter, I don't cook with butter, I use coconut oil and olive.,Thanks Toni

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**Miriam***September 23, 2013 at 6:05 pm*

Toni Hi there. Yes, you can use wholewheat flour. Use brown sugar. Egg replacer is to make it vegan, it's up to you if you don't wish to use it. Vegan butter = margarine that is dairy free. Hope you make and enjoy it! 😊

**Miriam***September 23, 2013 at 6:09 pm*

Anita Hi – the recipe is in both Imperial (USA) and Metric (Europe). Meantime, here is an imperial to cups measurement table of conversion for you that may help you!
<http://allrecipes.co.uk/how-to/44/cooking-conversions.aspx> 😊

**Catherine M***September 26, 2013 at 1:58 pm*

On cooking now!

**Miriam***September 27, 2013 at 4:53 am*

Cathering Hi, hope you enjoy it! 😊



Nithya

September 27, 2013 at 5:18 am

I am going to try with guilt free whole wheat flour.. Healthy bake..



Miriam

September 27, 2013 at 12:03 pm

Hi Nithya and enjoy ! 😊



jade taylor

September 29, 2013 at 8:15 am

I made this last night and had with homemade vegan cinnammon ice cream...mmmmmm. I also just had some for breakfast haha. Thanks Miriam. (I made your tikka masala & curried potatoes from the book too, last night. AMAZING! & SO SO SO MUCH BETTER THAN PACKET SAUCE!)



Miriam

September 30, 2013 at 7:24 am

Jade Hi there. I am delighted to hear that you enjoyed this ! Best your way ! 😊 P.S. Also glad you enjoyed the Tikka Masala and Curried Potatoes from my book ! Would love an amazon customer review if you could spare me a couple of minutes. 😊 Thanking you in advance if so.

**Judy***October 2, 2013 at 2:06 pm*

Hi Miriam! Do you think I could add some chia seeds to this? I had it once in banan bread and it was amazing. Thanks looking forward to making x

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Hi Miriam!

We do not have egg replacer in Israel. Any suggestions what to use instead? Tnx!

**Miriam***October 2, 2013 at 3:00 pm*

Sandra Hi, you can order it online, as it would be ever so useful to have in your pantry.

However, if you can get hold of Flax seeds all you need to do is :-

(1 tbsp ground Flax seeds +3 tbsp Water = 1 egg – this should help you! 😊)

**Beverly***October 2, 2013 at 3:29 pm*

I make one similar except I add fresh apples, raisins, pineapple tidbits and any other fruit I have on hand.

**Darcy***October 3, 2013 at 2:19 am*

Hi! It looks really good. Can you make it without bananas?

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Miriam

October 3, 2013 at 9:36 am

Hi Darcy – it wouldn't be the same without the bananas Darcy, they also help the cake to bond.



Miriam

October 3, 2013 at 9:36 am

Sounds like a fruit cake Beverly! 😊



Antje Nebel

October 4, 2013 at 2:40 am

I just made it, using equal parts brown and white sugar. Might use a bit less next time, as the bananas also add a lot of sweetness. A beautiful combination of flavours, nice texture and so easy to make; thanks a lot 😊



Miriam

October 4, 2013 at 6:37 am

Hi there Antje. You're welcome. It's all down to personal choice when it comes to sweetness, and if the bananas are very ripe that can happen too. I am glad you enjoyed it though and yes, the texture really works.

**Gail Smith**

October 6, 2013 at 7:13 pm

I made this cake today and it was yummy. I used walnuts instead of the almonds as i didn't have any. I will definitely be making this again.

**Miriam**

October 7, 2013 at 7:42 am

Gail Hi, thanks for dropping by here with your feedback. Great to know you made and enjoyed this – walnuts marry well with this recipe. Best your way ! 😊

**Judy**

October 13, 2013 at 12:22 pm

Made this today and it smelt amazing baking in the oven. I ran out of almonds so used half almonds and half walnuts. I added a teaspoon of chia seeds and a sprinkle of pepitas! Also added 1 granny smith apple. Unfortunately I left it in for an hour and it was too long so I had to cut the well done edges off. But apart from that it was wonderful! So moist and just the right amount of sweetness. So very dense and lovely with vegan butter spread on it! Thankyou will make again x

**Miriam**

October 13, 2013 at 12:25 pm

Hi Judy, thanks for your feedback. Sounds like a success except for leaving it in the oven

for that extra time. If it was good as you made it, it will be perfect next time ! Best your way ! 😊



Sheri

October 20, 2013 at 2:00 pm

I am wondering how this would turn out using applesauce in place of the oil?



beachmama

October 24, 2013 at 8:59 pm

Hi Miriam! This sounds heavenly! Do you think it would work to eliminate the butter and oil and replace with applesauce or pureed pumpkin? I wonder if avocado would work?



Miriam

October 25, 2013 at 9:36 am

Hi Beachmama, I cannot say if it would work with what you have suggested since I have not tried it with those ingredients. If you do opt to make it oil free by all means let me know how it goes. I would still try and use some extra virgin coconut oil though for it's moisture giving texture in this recipe. Best your way in the meantime and enjoy ! 😊



Sarah

November 11, 2013 at 3:14 am

Hi Miriam... I made this recipe this afternoon but made muffins with the mixture because I don't have a loaf tin... so delicious... 😊

**Miriam***November 11, 2013 at 8:47 am*

Sounds great Sarah, so glad you enjoyed them this way too ! 😊

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**Janet***December 2, 2013 at 6:39 pm*

I notice that Darcy asked if you could make this without bananas. I am wondering the same thing. Could you use stewed apples instead? I did this with your protein bars and it worked perfectly.

**Miriam***December 3, 2013 at 11:35 am*

Ah Hello Janet, thanks for dropping by. I think it's worth a try really, I mean I have not tried it with apples and therefore I can't give a cast iron guarantee that it would work, but that said, if it did, it would be pretty awesome. If you do try it with banana, let me know the outcome ! Cheers your way in the meantime ! 😊

**Joe***December 21, 2013 at 3:13 pm*

Hi

Succeeded at last in getting the new Vegan Magazine. Just a hasty view but it seems extremely interesting. Hope I may be able to read it all.

Standing ovation for it.

Wishing you a Merry Christmas and a fruitful New Year with lots of magazines and recipes.

If I could share my food with those in need....

**Miriam***December 21, 2013 at 7:46 pm*

Oh Joe, thanks for the feedback regarding the magazine, and your ever so kind wishes for the Festive Season – Have a good Christmas & May the New Year bring peace, joy and good health your way ! Cheers ! 😊

**Joe***December 23, 2013 at 1:28 pm*

Whilst browsing yer book I came across shiitake mushrooms. Where can I get them from?

**Miriam***December 23, 2013 at 3:06 pm*

Joe Hi, if I'm not mistaken, I last bought mine from Lidl. Hope this helps.

**wendy***June 2, 2014 at 6:46 pm*

Oh duh, you have the ounces, and I have a scale – I guess I can figure it out!

**jennifer***June 2, 2014 at 7:58 pm*

Started baking as soon as I saw this! Yummy! Love your website, thank you so much!

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Miriam

June 4, 2014 at 7:21 am

Thanks so much Jennifer and hope you enjoy it ! I very much look forward to your future comments on my blog ! 😊 Enjoy !



Miriam

June 4, 2014 at 7:22 am

Hi Wendy, hope you can figure it out and enjoy my recipes. Let me know how it all goes.
😊



jennifer

June 5, 2014 at 1:17 pm

Made this and it was divine! Thanks so much!!!



Simon

June 7, 2014 at 9:47 pm

I've just made this in my breadmaker and it is gorgeous!
The only difference in method is melting the margarine and just putting the ingredients in the pan without mixing (although still mashing the bananas first). I ran the cake programme and it cooked it perfectly! The almonds went in the nut dispenser.



Miriam

June 8, 2014 at 9:50 am

Oh Simon, that's great to know ! So glad it turned out so great. 😊



Simon

June 8, 2014 at 11:05 am

A couple of observations for others thinking of doing this in a breadmaker:

I had to scrape the sides of the pan down a few minutes after it started mixing as there was some flour that wasn't in the mix. I guess that is because it is quite a dense mixture, so check it after 5 minutes or so and mix it up a bit with a spatula if it needs it.

As there is no egg, I didn't need to worry about scrambling it with the hot melted margarine, which is usually a concern with breadmaker cakes.



Miriam

June 8, 2014 at 1:07 pm

Thanks for this Simon. 😊



Simon

June 25, 2014 at 4:46 pm

I've got another one in the breadmaker now.

My next door neighbour (who doesn't eat eggs) was robbed on her doorstep yesterday so I'm going to give her (some of!) it.



Simon*June 25, 2014 at 4:48 pm*

P.S. Did you see my cheese question on your Facebook page?

I'm not hassling you but there's been a few posts there since mine and it might have slid down out of sight.

**Miriam***June 26, 2014 at 3:35 pm*

Hi there Simon, thanks for dropping by with your comments. I have replied to it and just incase you miss it, I suspect you have a revised copy since you purchased my book rather recently, so you should be fine. By all means adjust the amount of agar once you've made it from the recipe to suit your personal preference for texture, if you want a softer 'cheese' use less agar – this would make for a great spread. Meantime, enjoy and good luck on your vegan journey ! 😊

**Miriam***June 26, 2014 at 3:36 pm*

Sorry to hear about your neighbour Simon, hope she enjoys the cake – what a nice gesture ! 😊