

# Caramelised Banana Cakes

**Yummy banana cakes that are so simple to make. Sweet but without using refined sugar. These cakes are delicious both warm and cold. They are great for your lunch box too.**

This is a great recipe to get your kids involved with because it is so simple. This makes about 12 large muffin sized cakes. You can even freeze these so they last longer.

## Ingredients

- 250g butter
- 3/4 cup rice malt syrup
- 1 tspn vanilla
- 2 tspn chia seeds (optional)
- 1 banana
- 2 eggs
- 2 cups of wholemeal self raising flour
- 2/3 cup milk

## Directions

1. Pre-heat oven to 180 degrees. Put pattie cases for cakes into muffin tray
2. Beat or blend butter, rice malt syrup and vanilla until creamy
3. Mash banana and add the banana and chia seeds to the butter mixture above. Blend again.
4. Add in eggs and blend again.
5. Use the spatula to scrape down the sides
6. Add in half the flour and half the milk, mix (not too fast)
7. Add in remainder of flour and milk, mix well (not too fast)
8. Use the ice cream scoop to put 2 spoon fulls into each pattie case. Gently tap the tray on the bench.
9. Cook in oven for 35-40 mins or until skewer comes out clean.
10. Leave to cool before eating or storing.



## Tip

To prevent freezer burn of baked goods when storing in the freezer, add a layer of baking paper on the top of them before closing the lid.