



Simple Sponge Cake

Serves 8



INGREDIENTS

- 4 - 6 Ripe Bananas
- 100g Sunflower Oil
- Sugar (try some different kinds)
- Vanilla Paste
- Wholemeal Flour
- White Flour
- Baking Powder
- Naturli' Vegan block OR Avocado
- Icing Sugar
- Jam or other fruit spread

DIRECTIONS

Let's make a nice simple cake using up any overripe bananas, and potentially other sweet fruits, even kiwifruits. We need scales, baking tins, a mixing bowl although I use a casserole dish as a substitute, and food blender is advantageous but not strictly necessary.

- Take the juicer for your food blender, set it on the scales set to grams, then tare.
- Pour 100g of sunflower oil into the juicer, roughly break the bananas in and add two teaspoons of vanilla paste.
- Take note of the weight as we will start working with ratios. Add at least 100g sugar bringing the weight to a hundred value: for example if the mix is 640g bring it up to 800g with the sugar.
- Set the blender running to liquidise the sweet batter then set your mixing bowl on the scale and tare.
- You need half the weight of the batter for dried ingredients: so an 800g batter needs 400g of flour. You can use combinations of white and wholemeal flour as desired to the required weight.
- Add one heaped teaspoon full of baking powder for every hundred grams of flour so in this example 4 teaspoons full.
- Pour the batter into the mixing bowl and beat together getting in as much air as you can: do not over mix!
- Preheat your oven to 180°C then lightly oil coat the baking tins.
- Evenly pour the mix into the baking tins flattening it gently then bake for 25 - 40 minutes; keep your nose vigilant!
- Once you have two baked cake halves carefully separate them from the bottom of the baking tins: I usually break the edge with the blunt edge of a table knife to make separation easier.
- Once cooled we can now make some butter or avocado icing if you like green. Mash a piece of Naturli' Vegan Block or a ripe avocado then mix in the desired amount of icing sugar using a sieve to deal with any lumps, as lumpy sugar will not mix well.
- Spread the icing sugar mix on the bottom of the sandwich, jam on the top then stick together.
- Get some special friends together and enjoy!

