



Banana Chocolate Cake (WFPB, Oil-free, Vegan)



Full of fiber and primarily sweetened with bananas, this fun whole-food plant-based cake is much healthier than most, chocolatey and delicious!

Course	Dessert
Keyword	banana, chocolate cake, low-fat, oil-free, vegan, wfpb
Prep Time	10 minutes
Cook Time	25 minutes
Servings	9 pieces
Calories	180 kcal
Author	Faithful Plateful

Ingredients

- 1 1/2 cups mashed banana (3-4 overripe bananas)
- 1/3 cup maple syrup, sugar, or date paste
- 1/2 cup water or plant milk
- 1/3 cup cocoa powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 cup whole wheat, spelt, or oat flour
- 1/4 cup almond flour (or almond butter or peanut butter--any type of fat works)
- 1/2 cup dairy-free chocolate chips

Instructions

1. Preheat oven to 350. Line an 8-inch cake pan with parchment paper. For cupcakes, use a silicone muffin tin or grease a regular muffin tin.
2. Mash bananas very well with a fork or put them in a food processor so they are very smooth.
3. Add water and sweetener to mashed bananas. If using nut butter, mix this in, too.
4. In a bowl, mix dry ingredients well.
5. Stir banana mixture in, then stir in half of the chocolate chips.
6. Pour into prepared pan, then sprinkle remaining chocolate chips on top.
7. Bake cake for 25-30 minutes, until the center is firm. Bake cupcakes for 20 minutes. Let cool completely before eating.

Recipe Notes

For lower fat, you can skip the almond flour or nut butter. It will have a denser texture but is still yummy.

For lower sugar skip the chocolate chips and use chopped walnuts instead.

For gluten-free, I think all-purpose GF flour would work well, but I haven't tried it. Let me know if you do. GF oat flour works well.