

Banana & almond cake

Brilliant bananas and almonds take centre stage in this deliciously moreish chuck-it-all-in cake.

Serves 12

Total time: 56 minutes

(Prep: 11 minutes | Cook: 45 minutes)

50ml olive oil, plus extra for greasing

500g ripe bananas

2 large free-range eggs

250g ground almonds

1 tablespoon baking powder

1 teaspoon ground cinnamon

100g natural yoghurt, plus extra to serve

100ml maple syrup, plus extra for brushing

2 teaspoons vanilla bean paste

1. Preheat the oven to 170°C/325°F/gas 3. Grease a deep 23cm springform cake tin with olive oil and line the base with greaseproof paper.
2. Put 350g of the peeled bananas into a food processor, crack in the eggs, and add all of the remaining ingredients. Go in with 50ml of olive oil, add a small pinch of sea salt, then blitz until smooth. Tip the mixture into the cake tin and spread out evenly. Slice the remaining bananas and arrange on top, then bake for 45 minutes, or until an inserted skewer comes out clean.
3. Remove from the oven, brush with a little maple syrup, and leave to cool for 10 minutes. Run a palette knife around the edge of the tin, then release the cake and transfer to a wire rack to cool, or serve warm.

LEFTOVER LOVE

Slice the cake, wrap each portion, and stash in the freezer for another day (up to 3 months). Simply defrost when you want a slice, and enjoy!

| ENERGY | FAT | SAT FAT | PROTEIN | CARBS | SUGARS | SALT | FIBRE |
|---------|-------|---------|---------|-------|--------|------|-------|
| 216kcal | 13.9g | 1.6g | 6.5g | 19.3g | 13.9g | 0.2g | 3.3g |

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