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Grain Free Banana Cake with Peanut Butter Frosting

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Have you ever wondered why certain things just go together? Why do sweet and salty combinations complement one another? What made that first person smother peanut butter sprinkled with chocolate chips on top of a stalk of healthy celery? What about dousing sweet, thirst quenching watermelon with salt or wrapping perfectly fermented pickles in a fat-dripping strip of bacon? It's all so mouth-wateringly unexpected and GOOD!

Well, that's just how this kind of combination must've come together at one time...bananas and peanut butter! Who would have thought? Then this cake takes it one step further. There's almond, coconut and honey involved. And there's not a stitch of grain or refined sugar. So if you're looking for a special sweet treat without a side of guilt, here's my newest concoction. It is moist, delicious, mildly sweet and contains the perfect combination of flavors to satisfy your desire for dessert...or an afternoon snack with that hot cup of coffee before the kids come home (oh...maybe that's just me!).

You know, all those unexpected flavor combinations complementing each other got me thinking a little about life and how it's biggest blessings sometimes start out bittersweet. Unexpected combinations...hummm...read more with me here: **Your Bittersweet, Someone Else's Blessing** **[1]**

[1]

Recipe category

Sinless Sweet Treats [2]

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Ingredients

- ¼ cup unrefined coconut oil, melted
- 6 eggs
- 1 cup honey
- 1 cup coconut milk *see recipe notes.
- 2 tablespoons pure vanilla extract
- 4 ripe bananas, mashed
- 2 cups almond flour
- ½ cup arrowroot flour
- 2 teaspoons baking powder
- ½ teaspoon seasalt
- FROSTING:
- ¾ cups natural, creamy peanut butter
- ⅓ cup honey
- ⅓ cup organic powdered sugar (you can use regular, I just like the texture of organic)
- ½ cup coconut milk (from the can)~You can adjust the amount to your liking
- 1 teaspoon pure vanilla extract
- 1 teaspoon seasalt

Recipe Instructions

- Preheat oven to 350 degrees.
- Grease 2 round cake pans or a 9x13 pan well with coconut oil (or nonstick spray is fine too).
- Mix all wet ingredients together: melted coconut oil, eggs, honey, coconut milk, vanilla, and bananas.
- Mix all of the dry ingredients together in a separate bowl: almond flour, arrowroot flour, coconut flour, baking powder, and salt. I like to whisk dry ingredients well to aerate the flours.
- Blend the two mixtures together, just until thoroughly combined.
- Divide the batter between the two prepared cake pans or pour into the 9x13.
- Bake at for about 38-42 minutes, checking periodically. The cake will remain moist but will not be liquidy in the middle. You will have a few moist crumbs on the toothpick if you test it that way.
- Prepare the frosting. I did this while the cake was cooling.
- Beat coconut milk and peanut butter on high until smooth and creamy.
- Add honey, sugar, vanilla extract and salt and beat on medium speed for about 45 seconds. You can add a touch of milk or more powdered sugar to achieve the consistency you want.
- Scrape down the bowl being sure everything is well combined. Continue to beat on high until frosting is thick and fluffy.
- Frost the cake once it is completely cool. Enjoy! It will be very moist and delicious. Whatever is not eaten within a day or two can be sliced and frozen for another time…or share a slice with a friend!

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Recipe Notes

*I use coconut milk from a can. When you open the can, there will be a solid-ish part and a liquid part. I just gently whisk it in the can until it's nicely combined. Then, reserve the remainder of the milk for the frosting.

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