

Smugglers Cake

Allergen Advice

- **Free from:** Nuts, Seeds, Dairy, Soy, Wheat, Gluten, Grains, Low in Added Sugars

Serves 10 approx

200g of navy beans (cooked)

½ carrot – peeled, diced or grated

50g (approx 1 cup) of broccoli stem OR fresh baby spinach, lettuce or kale - chopped

300g of bananas (approx 3 large) – well ripened , peeled and chopped

80g (approx 1 cup) dates or sultanas –pitted and chopped

20g (approx 1 tablespoon) honey or maple syrup or to taste

50g coconut oil or oil/fat of choice like margarine or butter as tolerated

4 eggs

½ tsp of your favourite spices like cinnamon, cardamon or allspice - optional

Easy Swaps

Navy Beans with Chickpeas or White Beans

Honey with sweetener of choice



1. Place the carrot, broccoli and dates in a high speed blender and mix until well combined
2. Add remaining ingredients and continue to blend until a fairly smooth batter is formed
3. Pour into a small loaf tin that has been greased and/or lined with baking paper
4. Place the loaf tin into a cold oven and bake at 160C for 80-90 minutes or until lightly browned, firm and cooked through

Star Nutrients

Protein, Fibre
Iron, Zinc, Potassium,
Magnesium
Vitamins A & E
B vitamins incl B6 and
folate

Notes

1. If your food processor is not high speed then soak the dates and finely chop the carrot and broccoli stem as well

2. Cocoa or carob can easily be added to this recipe (about 50g or 2 tablespoons)

3. The slice will not rise, so a small loaf tin, that allows the mixture to be heaped high will look better

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