

Walnut Maple Banana Cake

Ingredients

Cake

- 1 1/2** stick butter (softened)
- 1** c pure maple syrup
- 3** lg eggs
- 1** tsp pure vanilla extract
- 2 3/4** c all-purpose flour
- 1 1/2** tsp baking powder
- 1/2** tsp baking soda
- 1/4** tsp salt
- 1** c mashed bananas (2 large or 3 med)
- 3/4** c buttermilk*

Frosting

- 8** oz cream cheese
- 1/2** c butter (softened)
- 3** Tbsp maple syrup
- 1/2** tsp pure vanilla extract
- 1** c walnuts (chopped)

Instructions

- 1.** Preheat the oven to 350°. Prepare a 9-inch cake tin. Line with baking paper, lightly oil.
- 2.** In the bowl using a hand beater (or using a stand mixer) cream the butter until soft and light. Gradually add the maple syrup and beat on medium speed for about 5 minutes more, or until light. The butter and maple syrup may separate slightly. Beat in the eggs, one at a time, beating well after each addition. Beat in the vanilla.
- 3.** In another medium bowl, whisk together the flour, baking powder, baking soda, and salt. Add to the butter mixture along with the milk and mashed bananas. Beat on low speed just until combined.
- 4.** Bake for approximately 50 minutes, or until a toothpick inserted in the center comes out clean. Cool in the pan for 10 minutes, then transfer to a cooling rack to cool completely.
- 5.** Wait until the cake is completely cooled. Then in a medium bowl, beat the cream cheese until smooth. Add the butter, maple syrup (increasing the amount of maple syrup until the right intensity has been achieved), then add vanilla and beat until smooth. Frost cake and garnish with walnuts.

*Buttermilk can be substituted for a mixture of ½ cup of yoghurt and a quarter cup of milk, adding more milk if the mixture is too thick.