

Banana Cinnamon Teacake

- by Healing Family Eats

Putting a baking sheet in the oven from the start helps to give the cake a boost from the bottom up, ensuring you get a well risen loaf.

(makes one 9x5 inch loaf)

3 large ripe bananas, mashed
1/2 cup (85g) softened [shortening](#)
1/2 cup (160ml) runny honey
3/4 cup (90g) [coconut flour](#)
1 tsp [cinnamon](#)
1 tsp baking soda
pinch [salt](#)
3 gelatine eggs, as follows

gelatine eggs -
3 tbsp [gelatine](#)
2 tbsp lemon juice
1 tbsp tepid water
3 tbsp just boiled water

Place a baking sheet into the oven and preheat to 350F / 180C. Line a 9 x 5 inch loaf tin with parchment paper.

Put the bananas, shortening and honey into a bowl and, using a stand or handheld mixer, combine thoroughly. The shortening will probably look a bit 'splitty' at this point but don't worry, forge on! Sift in the coconut flour, cinnamon, baking soda and salt. Mix again until combined.

Now make the gelatine eggs. Put the gelatine, lemon juice and tepid water into a small bowl and mix until thoroughly combined. Add the boiled water and whisk quickly until the gelatine has melted and the mixture looks frothy. With the motor running, pour the gelatine eggs into the bowl and whizz again for a few seconds to fully incorporate the 'eggs'.

Put the mixture into the prepared tin, level the surface and place onto the hot baking sheet. It may look a little odd as you're scooping it out of the bowl but this is normal. Cook for about one hour until nicely browned and firm to the touch. Allow to cool in the tin for 2 hours, before transferring to a wire rack to cool down completely.

Teacake will be ready to eat when it is completely cold (resist the temptation of eating it warm as it will likely fall apart) but you will find it more cakey in texture and slightly on the crumbly side. If you wrap it up and keep in an airtight container overnight it will be more like a teacake and will hold up to having shortening spread onto it.

