

Banana Almond Bundt Cake (Gluten-Free, Refined Sugar-Free)

Ingredients

- 2 large ripe bananas (with brown spots)
- 2 large eggs (room temperature)
- 1½ cups almond flour (blanched, superfine texture)
- ¼ cup unsweetened almond milk (or any plant-based milk)
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder (ensure it's gluten-free)
- ½ teaspoon vanilla extract (optional)
- Pinch of salt

- Coconut oil or butter for greasing the pan

Instructions (Step-by-Step, Very Detailed)

Step 1 – Preheat your oven and prepare the pan

1. **Set your oven to 350°F (175°C)** so it reaches full temperature while you prepare the batter.
2. Grab a **small or medium bundt cake pan** (6 to 8-cup capacity).
3. Use a piece of paper towel to rub **coconut oil or butter** around the inside of the bundt pan, making sure you cover all the ridges and corners.
4. For easier release, sprinkle a tiny bit of almond flour into the greased pan and gently shake it around to coat all sides. Discard any

excess.

Step 2 – Mash the bananas

1. Peel **2 ripe bananas** and place them in a large mixing bowl.
 2. Use a fork, whisk, or potato masher to mash them until smooth. You want the bananas to be nearly lump-free.
 - The riper they are, the easier they mash and the sweeter the cake.
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Step 3 – Add the wet ingredients

1. Crack **2 eggs** into the bowl with the mashed bananas.

2. Whisk the eggs together with the banana until the mixture is light yellow and smooth.

3. Add in **¼ cup almond milk**, **½ tsp vanilla extract (optional)**, and a **pinch of salt**.

4. Stir well to combine all the wet ingredients evenly.

Step 4 – Mix the dry ingredients separately

1. In a medium bowl, add:

- **1½ cups almond flour**
- **1 tsp ground cinnamon**
- **1 tsp gluten-free baking powder**

2. Mix these with a spoon or whisk until the baking powder is evenly distributed through

the flour.

Step 5 – Combine wet and dry ingredients

1. Slowly pour the dry mix into the banana mixture, a little at a time.
 2. Use a rubber spatula or spoon to gently fold the dry ingredients into the wet until it forms a smooth, thick batter.
 3. Scrape down the sides and bottom of the bowl to make sure no dry pockets remain.
 - Don't overmix—just until everything is combined.
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Step 6 – Pour into pan and bake

1. Carefully spoon the batter into your greased bundt pan.
2. Tap the pan **gently on the counter** to remove any air bubbles and level out the top.
3. Place the pan in the preheated oven and bake for **40–45 minutes**.
 - Start checking around 40 minutes by inserting a toothpick into the center—if it comes out clean or with dry crumbs, it's done.
 - The top should be lightly golden and firm to the touch.

Step 7 – Cool and remove from pan

1. Remove the cake from the oven and place the pan on a cooling rack.

2. Let it sit for **10–15 minutes** so it firms up.

3. To unmold:

- Run a thin knife gently around the edges of the cake (if needed).
- Invert a plate or rack over the top of the pan and flip it over quickly but gently.
- Lift the pan carefully. The cake should release cleanly.

4. Allow to cool fully before slicing.

Optional Toppings

- Sprinkle with **cinnamon**, **powdered coconut sugar**, or drizzle with **melted dark chocolate** or **almond butter** if desired.

Benefits

- **Gluten-free and grain-free** — perfect for sensitive digestion.
- **Bananas** provide fiber, potassium, and natural sweetness.
- **Almond flour** gives healthy fats, protein, and vitamin E.
- No refined sugar or dairy — ideal for clean eating and balanced energy.