



## *Raisin breakfast cake (serves 3-4)*

### Ingredients

Equipment: mini chopper / food processor

15 cm diameter casserole dish

### For cake

2 ripe bananas

2 eggs

1 small ripe pear—cored & cut roughly

3 tablespoons polenta

4 tablespoons coconut flour

3 tablespoons your choice of milk

(e.g. rice, coconut, almond etc.)

1/2 teaspoon cinnamon

1/2 teaspoon baking powder

1 tablespoon raisins

(optional)

1 tablespoon sunflower seeds

1 tablespoon poppy seeds

### For topping ( as you like)

Coconut cream, Coconut chips, Pepita or crushed walnuts etc.



### Direction

- 1) Put all ingredients except for raisins in a mini chopper and process until everything is mixed well.
- 2) Pour into a casserole dish and sprinkle raisins. Microwave for 6 minutes without a lid.
- 3) Serve with your favourite toppings.