

# Hummingbird Cake

## HolisticQ Signature Recipe

This is an incredible cake! The combination of banana and pineapple is so well blended, that it takes on its own unique taste. The Cream Cheese frosting is the perfect compliment.

Make this one-of-a-kind cake for that special birthday or celebration!

Cook Time: 30 min

3 Layer Cake Ingredients:

- 3 large ripe bananas (or 4 medium)
- 1 cup canned crushed pineapple
- ½ cup pineapple juice from the can
- 3 cups flour (If using Spelt add 1/2 cup more)
- 1 cup sugar
- 2 teaspoons baking soda
- 1 Tablespoon ground cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon salt
- 3 large eggs, beaten
- 1 ½ cups coconut oil melted and cooled
- 2 teaspoons vanilla
- 1 1/2 cups chopped pecans (1 cup for cake batter, 1/2 cup for garnish)

Cream Cheese frosting ingredients:

- 2 - 8 ounce cartons Cream Cheese (16oz)
- ½ cup butter softened (1 stick)
- 3 cups powdered sugar
- 2 teaspoons vanilla

Directions for Cake

- Preheat oven to 350°. Generously grease (coconut oil) and flour 3 round cake pans. Set aside.
- Mash bananas, pineapple, and pineapple juice together until well incorporated and liquidy. Set aside.
- In a separate large bowl whisk together dry ingredients: flour, sugar, soda, cinnamon, nutmeg and salt.
- Add eggs and coconut oil to the flour mixture and stir until combined.
- Now add the banana pineapple mixture, vanilla, and 1 cup pecans and mix well.
- Cake batter will be thick.
- Evenly distribute the batter to the 3 prepared pans and bake 30 minutes.
- When cakes are done, cool for 10 minutes before removing from pans and then let cool completely on racks.

Directions for icing

- Place all ingredients (room temperature) in a mixing bowl and mix on medium speed for 3 minutes, occasionally scraping sides of mixing bowl.
- Generously ice the 1st layer, 2nd layer, 3rd layer, and then the sides. Use the remaining cup of pecans to garnish the cake to your artistic liking.