



Makes one 8-inch layer cake
Preparation Time: 30 minutes
Cook Time: 1 hours 30 minutes

INGREDIENTS:

5 oz. unsweetened dried pineapple (1⅓ cups)

1 cup unsalted raw cashews

1 cup unsweetened, unflavored plant-based milk

1 cup mashed cooked sweet potato

4 teaspoons pure vanilla extract

1¾ teaspoon pure almond extract

1 20-oz. can pineapple tidbits (juice-packed)

¾ cup pure maple syrup

2 tablespoons psyllium husk powder (see tip, recipe intro)

3 medium bananas, mashed (1½ cups)

2 medium bananas, chopped (1½ cups)

2¼ cups white whole wheat flour

1½ teaspoon regular or sodium-free baking powder

¾ teaspoon baking soda

¾ teaspoon sea salt

¼ cup chopped toasted macadamia nuts

Freeze-dried bananas or fresh banana slices tossed in lemon juice

Banana Pineapple Cake with Macadamia Nuts

Looking for a new favorite special-occasion dessert? This showstopping layer cake is well worth the effort, with [pineapple](#) in both the base and the frosting bringing tropical flair. Naturally sweetened with [ripe banana](#) (some in chunks, some blended into the batter) and maple syrup, the light and fruity layers are topped with luscious sweet potato–cashew frosting, crunchy macadamias, and fresh or freeze-dried bananas. Note: Skimming the frosting on the sides gives the impression of extra cake height, making two layers look like three!

Tips

Psyllium husk powder: This is often used to boost fiber intake, but it also works as an egg replacer, similar to flaxseed meal.

For more inspiration, check out these tasty ideas:

- [Perfect Vegan Carrot Cake](#)
- [Incredible Chocolate Sweet Potato Cake](#)
- [Polenta Cake with Apples and Cherry Compote](#)
- [Almond Poppy Seed Cake](#)

By Kathryn Johnson, RDN, LD

- 1 **Make Sweet Potato Frosting:** Soak dried pineapple and cashews in enough boiling water to cover 10 minutes; drain and place in a food processor. Add the milk, mashed cooked sweet potato, 1 teaspoon of the vanilla, and ¼ teaspoon of the almond extract. Process until very smooth. Cover and chill until ready to use.
- 2 **Preheat oven to 325°F.** Line bottoms of two 8-inch round cake pans with parchment paper or use silicone pans.
- 3 **Drain pineapple tidbits, reserving juice.** Add enough water to reserved juice to make 1 cup liquid. In a medium bowl whisk together pineapple juice mixture, maple syrup, and psyllium husk powder. Add ¾ cup of the pineapple tidbits, the mashed bananas, chopped bananas, and the remaining 1 tablespoon vanilla and 1½ teaspoons almond extract. Let stand 5 minutes.
- 4 **In a large bowl stir together flour, baking powder, baking soda, and salt.** Add banana mixture; stir to combine. Divide batter between prepared pans.
- 5 **Bake 35 minutes or until the centers of cakes bounce back when lightly pressed** (200°F to 210°F with an instant-read thermometer). Cool in pans on wire racks 10 minutes. Run a thin spatula around edges of cakes and remove from pans. Cool completely on wire racks.
- 6 **Assemble cake, topping each layer with Sweet Potato Frosting and the remaining pineapple tidbits, the macadamia nuts, and freeze-dried bananas.** Frost sides of cake.