

## Sweet Potato-Banana-Cake

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### Ingredients for one cake:

2 medium US sweet potatoes  
1 banana  
1 cup of raisins (40 g)  
2 eggs  
120 ml milk  
1 Tbsp. baking soda  
1 pinch of salt  
1/2 tbsp. cinnamon  
2 tsp. oil  
1 California Walnuts (30 g)



### Preparation:

1. Prick sweet potatoes with a fork and put in the pre-heated oven at 175C° (circulating air) for 20 to 30 minutes or until soft. Remove the peel and purée in a mixer. Let it cool.
2. Mix the remaining ingredients in a bowl and add sweet potato purée. Add into a baking tin and put into the pre-heated oven at 175 C° (circulating air) for 45 to 50 minutes. Let the cake rest and serve lukewarm.

**Preparation time:** 40 min (45 min baking time)

### Nutrition facts:

Energy: 240 kcal/ 1000 kJ  
Carbohydrates: 33 g  
Protein: 5 g  
Fat: 9 g