



Zucchini Banana Cake With Cream Cheese Frosting

Makes 16 servings

Ingredients

¾ cup all-purpose flour
¾ cup whole wheat flour
2 teaspoons baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
¼ teaspoon nutmeg
¼ teaspoon ground ginger
⅔ cup honey
2 tablespoons vegetable oil

2 large eggs
1 teaspoon vanilla extract
2 cups mashed ripe bananas, from 5 small
8 ounces zucchini, grated and squeezed well
8-ounce can crushed pineapple in juice, drained well

For the frosting:
8 ounces ⅓-less fat cream cheese
¼ cup powdered sugar
2 teaspoons vanilla extract

Instructions

1. To prepare frosting, beat together cream cheese, powdered sugar and vanilla until smooth. Refrigerate until ready to use.
2. Preheat oven to 350 degrees. Spray bottom of 13-9-2-inch nonstick metal pan with cooking spray.
3. In a large bowl, combine flour, baking soda, salt and spices; stir well with a whisk.
4. In a medium bowl, combine honey, oil, eggs and vanilla; stir well. Add zucchini, banana and pineapple; mix well.
5. Fold wet ingredients with the dry ingredients and mix well with a spatula until combined.
6. Spoon batter into the pan.
7. Bake for about 45 minutes, or until a wooden toothpick inserted in the center comes out clean.
8. Cool completely on a wire rack.
9. Spread frosting over the cake once cooled and cut into 16 pieces.

Nutrition Facts

Serving size: 1 slice; calories per serving: 172; fat: 5.5g; saturated fat: 2g; fiber: 1.5g; carbohydrates: 28g; protein: 3.5g; sodium: 97.5mg; sugars: 18g; cholesterol: 27mg

Source: www.skinnytaste.com

