



early childhood community development centre

Hidden Treasure Cake

The pieces of fruit that “hide” in this moist cake add lots of good nutrition and natural sweetness. Once it’s baked and cooled, the cake can be cut into squares, wrapped in foil or plastic wrap, and frozen in individual pieces. These can be packed into lunch boxes or brown bags for a sweet surprise.

Ingredients - Serves 18

For cake:

- 2 to 3 ripe bananas
- 2/3 cup non-hydrogenated margarine, melted
- 1-1/2 cups sugar
- 3 eggs
- 3/4 cup buttermilk
- 1 Tablespoon vanilla extract
- 3 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 - 8 oz cans sliced peaches (drain liquid)
- 1 - 15 oz can pineapple tidbits (drain liquid)
- vegetable oil spray

For glaze:

- 1/3 cup fresh lime juice (the juice of 1 large lime)
- 1/2 cup sugar

Directions

1. Preheat oven to 350 degrees F
2. Place peeled bananas in a small bowl and mash
3. Measure out 1 cup of bananas and place in a medium mixing bowl.
4. Melt margarine and pour over the 1 cup of bananas; next add sugar, egg, buttermilk, and vanilla extract. Beat for 1 minute
5. Into a separate bowl, measure out flour, baking powder, and salt
6. Add the dry ingredients into the banana mixture, a little at a time, until well-mixed
7. Add pineapple tidbits to mixture
8. Spray baking pan with vegetable oil spray and pour cake batter into pan
9. Top cake batter with sliced peaches, evenly distributed
10. Place pan on middle oven rack and bake for 35 to 40 minutes
11. In a separate small bowl, mix the lime juice and sugar together to make a glaze; spread this evenly over hot cake when it is baked.

Source: American Heart Association Kids’ Cookbook (1993), edited by Mary Winston, Ed.D., R.D.

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