

# Harley's Organic Happy Birthday Cake



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	20 mins	30 mins	6

<https://foodbabe.com/healthier-birthday-cake-one-year-old>

## Ingredients:

- 1 cup oat flour
- ½ teaspoon baking powder (Aluminum free)
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ⅛ teaspoon sea salt
- 1 banana, ripe
- ⅓ cup unsweetened applesauce
- ¼ cup coconut milk
- ¼ cup maple syrup - grade B
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1 teaspoon grassfed organic butter, for greasing
- 1 teaspoon oat flour, for greasing

## Frosting:

- 1 teaspoon pure vanilla extract
- 8 tablespoons grassfed organic butter
- 1 cup powdered sugar

## Instructions:

1. Preheat oven to 350° F.
2. Butter your pan and dust with oat flour. (I used a special tiered mini cake pan)
3. Whisk together all dry ingredients (flour, baking powder, baking soda, cinnamon, salt) in a large bowl and set aside.
4. Blend banana, applesauce, coconut milk, egg, vanilla and maple syrup together in a separate bowl.
5. Pour the wet ingredients into the bowl with the dry and mix until just combined.
6. Pour batter into cake pan. Bake for 20 mins or until a toothpick inserted into the center of the cake comes out clean.
7. Let cake cool in pan for 30 mins before removing and cool completely before frosting.
8. To make the frosting, cream together all ingredients until smooth.

## Notes:

- Adapted from Kristine's Kitchen. <https://kristineskitchenblog.com/healthier-smash-cake-recipe-hannahs-purple-polka-dot-1st-birthday-party/>
- Please choose all organic ingredients if possible.