



Flourless Chocolate Banana Cake (from [Elena's Pantry](#))

Ingredients

- 3 large eggs, separated
- ¼ teaspoon [celtic sea salt](#)
- ½ cup [agave nectar](#) or [honey](#)
- ¼ cup [grapeseed oil](#) or [palm shortening](#)
- 1 cup mashed ripe bananas (about 2 bananas)
- ½ cup [cacao powder](#)*

Instructions

1. In a [Vitamix](#)** , whip egg yolks, agave and salt on medium for 1-2 minutes
2. Add grapeseed oil and mashed banana and blend for another minute or two
3. Blend in cacao powder
4. In a bowl, whip egg whites to stiff peaks
5. Gently fold contents of Vitamix into bowl with egg whites
6. Grease a [8-inch springform pan](#) and pour batter into pan
7. Bake at 350° for 25-30 minutes

Amy's Notes:

*I had cocoa powder handy, so that's what I used. I recommend seeking out [cacao powder](#).

**I don't have a Vitamix, but my regular Cuisinart blender worked fine.