

## No Sugar Added “Smash” Cake

Cake recipe from: [superhealthykids.com](http://superhealthykids.com)

**Makes 8 Servings**

### Ingredients

#### Cake:

½ cup sliced peaches (peeled)  
1 banana  
½ cup milk + 1 Tbsp lemon juice\*  
1 egg  
1 tsp vanilla  
1 cup whole wheat flour  
1 tsp baking powder  
¼ tsp baking soda  
¼ tsp salt

#### Frosting:

8oz cream cheese, softened  
Applesauce  
Natural food dye of choice, if desired (we used carrot juice to make it light orange)



### Directions

1. Puree peaches and banana in a food processor until liquefied. This should make about ½ cup of fruit puree.
2. Whisk fruit puree, milk, egg, and vanilla. In a separate bowl, combine flour, baking powder, baking soda and salt.
3. Slowly pour liquid ingredients into the dry, mixing until dry ingredients are all wet.
4. Pour batter into greased pan (6 inch round or 3-4 inch mini spring form pans).
5. Bake at 350°F for 20-30 minutes or until a toothpick comes out of the center clean. Remove from oven and let cool completely before frosting.
6. To make the frosting, beat cream cheese until smooth. Add applesauce and natural food dye color of choice to reach desired consistency. Be sure it doesn't get too runny!

\* Let milk and lemon juice sit for 5 minutes. You could also use ½ cup of buttermilk instead.

**Note:** This recipe is also a great served as a breakfast bread!

**Nutrition Information per Serving:** Calories: 140, Total Fat: 5gm, Saturated Fat: 3gm, Cholesterol: 35mg, Sodium: 330mg, Carbs: 19gm, Fiber: 2gm, Protein: 6gm