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**Brave Banana Cherry Teacake**

An Original Dole Recipe

Inspired by Disney’s *Brave*

and Disney’s Ultimate Princess Celebration

**Prep:** 20 minutes | **Cook:** 16 minutes | **Serves:** 4

**Categories:** Vegetarian

**Allergens:** Tree Nuts, Wheat

**INGREDIENTS**

* ¾ cup white whole wheat flour plus additional for dusting
* ½ cup oat flour
* 1 tablespoon baking powder
* 1/8 teaspoon salt
* 3 tablespoons chopped walnuts
* 2 tablespoons unsweetened dried cherries, chopped
* 2 ripe DOLE® Bananas, 1 peeled and mashed (about ½ cup), 1 peeled and thinly sliced
* crosswise
* 1/3 cup oat milk
* 3 tablespoons natural buttery spread with olive oil, melted
* 3 tablespoons avocado oil
* ¼ cup almond butter
* Honey for serving (optional)

**DIRECTIONS**

1. **Whisk** flours, baking powder and salt in a large bowl; stir in walnuts and cherries. Whisk mashed banana, milk and buttery spread in a medium bowl. Stir banana mixture into flour mixture until incorporated; transfer to lightly floured work surface and knead just until dough comes together. Divide dough into 8 pieces; roll into balls and shape into ¼-inch-thick disks.
2. **Heat** 1½ tablespoons oil in a large nonstick skillet over medium heat. Add 4 dough disks; cook 8 minutes or until golden brown, turning once. Repeat with remaining 1½ tablespoons oil and 4 dough disks. Makes 8 bannocks.

(more)

1. **Serve** bannocks topped with almond butter and remaining sliced banana; drizzle with honey, if desired.

**NUTRITION**

Approximate nutritional values per serving (1 bannock, ½ tablespoon almond butter, 1/8 banana): 249 Calories (140 Calories from Fat), 16g Fat (20%) (2g Saturated/11%) 0g Trans Fat, 4g Polyunsaturated Fat, 7g Monounsaturated Fat, 0mg Cholesterol (0%), 268mg Sodium (12%), 25g Carbohydrates (9%), 249g Potassium (6%), 4g Fiber (14%), 5g Sugars, 0g Added Sugars, 5g Protein (10%), Vitamin A 0%, Vitamin C 2%, Vitamin D 0%, Calcium 10%, Iron 10%, Vitamin E 15%, Thiamin 8%, Vitamin B6 8%, Phosphorus 8%, Magnesium 8%, Manganese 15%

**Recipe Link:** <https://www.dole.com/en/recipes/all-recipes/brave-banana-cherry-teacakes>

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