

**Dessert**

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# **Spiced Banana Cake**

Dash Magazine - March 2012

Palm Beach Post

**1/2 cup butter, softened**

**1 1/2 cups sugar**

**2 ripe bananas**

**2 eggs**

**1 teaspoon vanilla extract**

**2 cups all-purpose flour**

**1 teaspoon baking soda**

**1/2 teaspoon salt**

**1/2 teaspoon cinnamon**

**1/2 teaspoon nutmeg**

**1/2 cup plain low-fat yogurt**

Preheat the oven to 350 degrees.

Grease a 9-inch square baking pan.

With an electric mixer on Medium speed, beat the butter for 1 minute.

Beat in the sugar, bananas, eggs and vanilla extract.

Add the flour, baking soda, salt, cinnamon and nutmeg.

Beat for 2 minutes.

Add the yogurt. Beat well.

Spoon the batter into the prepared baking pan.

Bake for 35 minutes or until done.

Frost with your favorite frosting.

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Per Serving (excluding unknown items): 3131 Calories; 107g Fat (30.4% calories from fat); 46g Protein; 503g Carbohydrate; 8g Dietary Fiber; 680mg Cholesterol; 3496mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Non-Fat Milk; 20 Fat; 20 Other Carbohydrates.