



'Southern' Hummingbird Cake

Variation of the Cupcake Recipe on page 110-111

Let's start off by addressing your first question... NO! This cake does NOT contain Hummingbirds. It is a famous Southern cake, which first gained popularity in the late 1970's. Depending on who you ask, it originated from either Jamaica or the South (US). Where it's from doesn't matter. What matters is that it is absolutely fantastic. I never would have thought to try Banana Pineapple cake before... but man, it's really really good.

Serving Info.:

YIELDS: 9" round cake
Servings: 12
Serving Size: 1 slice

Cake:

- For a fancy 3 layer cake (pictured) divide the batter between (3) 9" cake pans, with parchment paper on the bottom. Spray with cooking spray.
- Bake 3 layer cakes at 325 for 25 minutes, or till a toothpick comes out clean.

Cinnamon 'Cream Cheese' Frosting:

- If you REALLY want this to taste 10 out of 10... buy some Watkin's brand 'Cream Cheese Flavor Extract' online. Add 1 tsp to your strained greek yogurt, when mixing the frosting together. It'll still taste great if you don't use it, but it'll only be an 8.
- Pipe an equal amount of frosting between the 1st and 2nd layer of cake, then spread a slightly thinner layer on top. The purpose of the upper layer is to keep the crushed pecans in place, once sprinkled on top.

Toasted Pecan Topping:

- Heat a small pan over medium heat for 1 minute. Place the chopped pecans into the pan and heat for 20 seconds.
- Stir the pecans, then allow them to cook for another 20 seconds. Repeat for a few minutes, until the pecans are fragrant and lightly toasted.
- Remove pecans from heat, set aside.

Toppings:

- Sprinkle the chopped/crushed pecans over the top of the cake, from edge to edge. It's ok if there are small gaps, we're about to take care of that.
- In a small dish, mix together 1/4 tsp ground cinnamon and 2 tsp of additional 0 calorie confectioners sugar substitute. Use a fine mesh strainer and lightly dust the entire top of the cake. It will add flavor and fill in the gaps between the pecan pieces.



- last checked 02/10/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

*** NOTES

- **CREAM CHEESE FLAVOR EXTRACT:** Though this is an optional ingredient, I HIGHLY recommend you buy some. I use it in my cheesecakes and other desserts. If you want your strained Greek yogurt to finally NOT taste so much like yogurt, this will fit the bill. The one I use is 'Watkins' brand. I usually find it at Walmart. If it's not available in-store, you can also order it from their website, for in-store pickup or from Amazon, though it's more expensive.
- **NUT ALLERGIES:** If you have nut allergies, rather than toasted pecans, you can top the cake with toasted, shredded coconut. My recipe has 12 points of chopped pecans. So, buy some 'Flaked' coconut, toast it in a hot pan, till golden, use that instead of pecans.
- **CONFECTIONERS SUGAR SUBSTITUTES:** There are a few options for powdered/confectioners sugar replacements. There's Lakanto Monkfruit brand, Swerve, as well as Truvia 0 calorie.