



The Endurance Cake by Hannah Grant

Powering up your endurance training with the athlete's best and most nutritious friend: the potato. Introducing "The Endurance cake". I came across this cake and was intrigued and found it delicious and nutritious!

Serves: 8, Prep time: 00:10, Cook time: 00:45

Instructions

1. Preheat the oven to 175°C / 350°F.

Cut the potatoes into chunks. In a food processor add all the ingredients and combine well until it's a wet granulate. It might look split, weird and lumpy and watery, - it's OK, just make sure it's somewhat smooth and not super chunky. Let the batter sit for 5 minutes, in order for the oats to soak some moisture.

Alternative methods

If you don't have a food processor, just cut the potato into small dice and use a blender instead. You could also finely grate the potato and combine everything with a stick blender after.

Ingredients

- 200 grams Potato, Raw (7 oz)
- 2 Eggs, Large
- 80 milliliters Honey (2.5 oz (U.S.))
- 2 Banana, yellow
- 2 tablespoon Coconut oil
- 0.66 tablespoon Baking Powder
- 1 Lemon, juice and finely grated zest
- 0.5 teaspoon Sea Salt
- 50 grams Almonds (2 oz)
- 80 grams Oats, rolled, raw (3 oz)
- 1 tablespoon Vanilla Extract, or seeds of one vanilla pod

2. Baking:

Grease and "dust" your baking tin with oat flour - Oat flour is just milled or blended rolled oats. - You can use almond meal instead.

Since we are not using wheat flour, chuck a handful of oat flour into it and rotate the tin until sides and bottom are covered, then tap out any extra oat flour and fill it with the "batter".

3. Bake it for 45 minutes until it's golden brown and spongy.

Poke it! and if it feels spongy and not mushy and wet - it's done, If your finger breaks through it, bake it some more.

Rotate the cake tin two-three times during the baking time to ensure an even baking surface.

4. COOL THE CAKE DOWN!

Let the cake cook down before cutting it. I served it with fresh raspberries, lemon zest and vanilla yoghurt.

Wrapping cake for training

Ideally the cake should go in the fridge before cutting and wrapping it for a ride.

Substitute ingredients:

- Almonds can be subbed for any nut or seed
- Oats can be subbed for quinoa flakes.
- Eggs can't be subbed - sorry, the whole thing will fall apart.
- coconut oil - sub with butter/plant based spread or peanut butter

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