



# Cooking in the Kitchen at Olums

**Molly Morgan** *RD, CDN, CSSD*  
*Cooking Delicious Recipes  
that are Easy & Nutritious!*  
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## Hummingbird Cake

Serves 12-16

### Cake Batter Ingredients:

- 1 cup chopped pecans
- 3 cups whole wheat pastry flour
- 2 cups sugar
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1/2 tsp. salt
- 1 3/4 cups mashed ripe bananas (about 4 large)
- 3 large eggs, lightly beaten
- 1 (8-oz.) can crushed pineapple in juice (do not drain)
- 3/4 cup canola oil
- 1 tsp. vanilla extract

### Glaze Ingredients:

- 4 ounces cream cheese, softened
- 1/2 cup plain Greek yogurt
- 2 cups sifted powdered sugar
- 1 tsp. vanilla extract
- 1 to 2 Tbsp. milk

### Directions:

1. Preheat oven to 350° F. Prepare a Bundt pan with non-stick cooking spray.
2. Toast the pecans: place pecans on a baking sheet and bake pecans in a single layer for 8 to 10 minutes or until toasted and fragrant, stirring halfway through.
3. Prepare the cake batter by: stirring together the flour, sugar, baking soda, cinnamon, and salt in a large bowl. Then stir in eggs, bananas, crushed pineapple, oil, and vanilla. Stir just until dry ingredients are moistened.
4. In the prepared Bundt pan, sprinkle 1/2 cup toasted pecans, then spoon the batter over pecans (pan will be approximately 2/3 full).
5. Bake at 350° for 1 hour to 1 hour and 10 minutes or until toothpick inserted in center comes out clean.
6. Cool cake in pan on a wire rack 15 minutes; remove from pan to wire rack, and cool completely (about 2 hours).
7. To prepare the glaze in a mixing bowl combine: cream cheese, Greek yogurt, powdered sugar, vanilla, and 1 Tbsp. milk and beat with a mixer until well blended. Add remaining 1 Tbsp. milk, if needed, mixing until smooth. Pour glaze over cooled cake, and sprinkle with remaining toasted pecans.