

Hummingbird Pound Cake

This fragrant, moist, fruit-filled variation on a southern classic doesn't contain the ingredients usually associated with pound cake, but its texture is similarly dense.

MAKES 1 BUNDT OR 9-X-13-INCH CAKE

WET INGREDIENTS

- 2 cups mashed ripe bananas
- 1½ cups plus 2 tablespoons unsweetened applesauce
- 1 cup crushed pineapple, well drained
- ½ cup plus 1 tablespoon honey
- ½ cup maple syrup
- 2 large eggs
- 2 tablespoons canola or corn oil
- 1½ teaspoons vanilla extract

DRY INGREDIENTS

- 3 cups whole wheat pastry flour or unbleached white flour
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- 1 teaspoon sea salt
- 1 cup chopped walnuts or pecans, toasted (see page 6)

Vanilla Whipped Cream (page 218)

1. Preheat the oven to 325°F. Coat a bundt pan or a 9-x-13-inch baking dish with spray, oil, or butter and set aside.
2. Whisk together all the wet ingredients in a large bowl.
3. In a medium bowl, combine all the dry ingredients thoroughly.
4. Add the dry ingredients to the wet and whisk just until they are evenly combined, using as few strokes as possible. Fold in the walnuts or pecans.

5. Pour the batter into the baking pan or dish and spread evenly. Bake for 1 hour and 10 minutes for a bundt pan, or 1 hour and 35 minutes for a baking dish, until the cake is browned and a tooth-

pick inserted in the center comes out clean. Let cool for 10 minutes before removing from the pan. Cool completely on a rack. Frost with vanilla whipped cream and serve.

“Besides sitting, Zen requires spirit — vital, dynamic spirit. It’s not only a matter of being quiet — that’s not what Zen is. POW! POW! Even striking the hand and sounding the clappers in the zendo are no other than

THIS!

Just at the right moment, not too soon, not too late — strike! POW! POW!
Strike with intensity! Then, with this sound, someone may realize THIS.”

—Eido Roshi