



First Birthday Smash Cake

READY IN



75 min.

SERVINGS



24

CALORIES



143 kcal

DESSERT

Ingredients

- ☐ 1 box cake mix yellow
- ☐ 1 cup banana very ripe mashed (2 medium)
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup water
- ☐ 3 eggs
- ☐ 8 oz cream cheese softened
- ☐ 6 oz vanilla yogurt french yoplait®
- ☐ 1 serving purple gel food coloring yellow
- ☐ 0.5 cup corn flakes/bran flakes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks
- ☐ cake form
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F. (325°F for dark or nonstick pans). Grease with shortening or cooking spray bottom only of 1 (6-inch) round cake pan and place paper baking cups in 16 regular-size muffin cups.
- ☐ In large bowl, beat cake mix, bananas, oil, water and eggs with electric mixer on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally until smooth.
- ☐ Place 1 3/4 cups batter in 6-inch round pan. Spoon remaining batter into 16 lined muffin cups.
- ☐ Bake round cake 35 to 40 minutes and cupcakes for 18 to 23 minutes or until toothpick inserted in cake comes out clean. Cool 10 minutes; remove from pans to cooling rack. Cool completely, about 30 minutes.
- ☐ In small bowl, beat cream cheese and yogurt on medium speed with electric mixer until creamy and smooth. Stir in the food color until mixture is desired color.
- ☐ To frost and decorate cake, slice 6-inch round cake horizontally to remove rounded top.
- ☐ Place cake cut side down on plate. Frost top and sides with cream cheese frosting.
- ☐ Place 2 rows of cereal around the bottom edge of side of cake.
- ☐ Place 1 row of cereal around top edge of cake. In top center of cake, arrange cereal to form the number one.
- ☐ Use remaining frosting to frost cupcakes. Top with cereal to decorate, if desired. Store cake and cupcakes in refrigerator.

Nutrition Facts



 **PROTEIN 7.12%**  **FAT 33.68%**  **CARBS 59.2%**

Properties

Glycemic Index:6.42, Glycemic Load:1.21, Inflammation Score:-2, Nutrition Score:3.6495652069216%

Flavonoids

Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 142.56kcal (7.13%), Fat: 5.41g (8.32%), Saturated Fat: 2.64g (16.47%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 20.81g (7.57%), Sugar: 11.6g (12.89%), Cholesterol: 30.36mg (10.12%), Sodium: 203.67mg (8.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Phosphorus: 102.47mg (10.25%), Vitamin B2: 0.13mg (7.48%), Calcium: 70.57mg (7.06%), Folate: 25.67µg (6.42%), Selenium: 3.99µg (5.71%), Vitamin B1: 0.07mg (4.66%), Manganese: 0.09mg (4.53%), Iron: 0.81mg (4.5%), Vitamin A: 184.49IU (3.69%), Vitamin B6: 0.07mg (3.58%), Vitamin B3: 0.7mg (3.5%), Vitamin B12: 0.17µg (2.84%), Vitamin E: 0.43mg (2.84%), Vitamin B5: 0.28mg (2.84%), Vitamin K: 2.56µg (2.44%), Fiber: 0.57g (2.29%), Magnesium: 8.42mg (2.1%), Potassium: 72.53mg (2.07%), Zinc: 0.29mg (1.91%), Copper: 0.03mg (1.58%)