Hummingbird Cake

3 cups all-purpose flour

1 tsp baking soda

1/2 tsp salt

2 cups sugar

1 tsp ground cinnamon

3 eggs, beaten

3/4 cup vegetable oil

1 1/2 tsp vanilla extract

1 (8-oz) can crushed pineapple, undrained

1 cup chopped pecans (you can also use walnuts - the taste is the same and they are usually cheaper)

1 3/4 cup mashed bananas (about three bananas)

1/2 cup chopped pecans

Cream Cheese Frosting

Combine first five ingredients in a large bowl; add eggs and oil, stirring until dry ingredients are moistened. Do not beat. Stir in vanilla, pineapple, 1 cup pecans and bananas.

Pour batter into three greased and floured nine-inch round cakepans. Bake at 350 degrees for 23 to 28 minutes or till a wooden pick inserted in center comes out clean. Cool for 10 minutes; remove from pans and let cool completely on wire racks.

Stir 1/2 cup pecans into cream cheese frosting, if desired, or reserve them to sprinkle over the top of the frosted cake. Spread frosting between layers and on top and sides of cake. (It's best to mix the pecans in because then no one will see the results if any crumbs get in the frosting. Also, I sometimes decorate the edge of the cake with pecan halves in a circle.)

Cream Cheese Frosting:

1/2 butter

1 () backage cream cheese, softened

1 (16 z) package powdered sugar, sifted

1 tsp vani la extract

Cream butter and cream cheese. Gradually add powdered sugar, beat until mixture is light and fluffy. Stir in vanilla. (I always double the frosting recipe because I can't tolerate a lightly frosted cake.)