



Banoffee Pudding

Banoffee is a classic desert combining banana, chocolate, toffee, and cream. This is a delicious vegan alternative from the Nourished cookbook by Julia and Libby. My awesome mother created this masterpiece on a recent visit.

Serves: 4, Prep time: 00:45, Cook time: -

Instructions

First soak the dates in warm water for 30min and then drain.

To create the base, place all the base ingredients (*2 medjool dates - pitted, 1 cup of walnuts, 1/4 cup of pecan nuts*) into a food processor and blend up for around 30sec. Make sure the consistency is still chunky.

Divide the base mixture up evenly into 4 glass flutes.

Place a layer of sliced banana on top of the base, using half of the slices.

To create the toffee layer place all the ingredients (*5 medjool dates - pitted, 1/2 cup of nut milk (we used almond), 1/2 cup of tahini, 1/4 cup of almond butter, 2 Tbsp of maple syrup, and a pinch of salt*) into a food processor and blend up for 2-3 min, or until smooth. Scoop out the mixture and divide evenly into the glasses.

Place a second layer of sliced banana's on top of the toffee layer.

Ingredients

- 1 cups Nut, walnut, raw
- 0.5 cups Nut, pecan, dried, raw
- 2 Banana, yellow, Sliced
- 0.5 cups Almond Milk
- 0.5 cups Seed, sesame butter, Tahini
- 2 tablespoon Maple syrup
- 1 pinch or to taste Himalayan Salt
- 0.25 cups 80% minimum cacao dark chocolate
- 7 Medjool dates, pitted
- 0.25 cups Almond butter

Sprinkle with cacao nibs or grate dark chocolate to garnish and serve. This is rich and delish - ENJOY.