

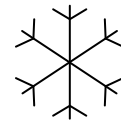
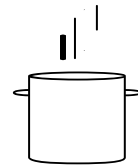


Banana Cream Pie

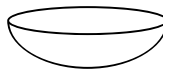
Inspired by a favourite childhood dessert this crunchy base and smooth creamy topping make the perfect pudding.



20



1hrs 45mins



6

Ingredients

For the base

300g (approx.) 2 packets Golden Oreos

70g The Groovy Food Company Virgin Coconut oil

1 Tsp cinnamon

For the filling

230g dates, pitted

150g The Groovy Food Company Virgin Coconut oil

150g The Groovy Food Company Coconut Sugar

1 vanilla pod 'Seeds only'

3 bananas, sliced

For the topping

1 banana, sliced

Directions

1. Line a 20cm pie dish with greaseproof paper.
2. For the base, tip the Oreos, coconut oil and cinnamon into a blender and pulse until the mixture becomes a dough-like consistency.
3. Pour the mixture into the lined pie dish, pressing down firmly into the corners. Pop the dish in the fridge to set for approximately 30 minutes.
4. While the base is chilling, add coconut oil, sugar, vanilla pod seeds and pitted dates to a non-stick pan and bring to the boil for 1 minute, before blitzing in a blender until smooth.
5. Slice three bananas, remove the set base from the fridge and layer the bananas into the base, keeping a few spare to decorate.
6. Pour the filling mixture over the sliced bananas and base and replace in the fridge to set for a further 45 minutes.
7. To create the tasty topping, add 1 tbsp agave nectar to your 400ml of coconut milk and whip until light and fluffy. (if using from a tin, discard the water from the top)

400ml Full fat coconut milk, chilled

1 tbsp The Groovy Food Company Light Agave Nectar

A handful of Dark chocolate shavings to decorate

8. Remove the pie from the fridge and add the topping over the filling. Decorate with the remaining banana slices and a few shavings of dark chocolate. Serve immediately.