

Chocbanoffee Tart

Creamy banana filling, date toffee and chocolate. Sounds delicious, right?!

I love banoffee, so it's no real surprise that I'd eventually try to adapt it and make a recipe that is healthy, and dairy, gluten and egg free. Depending on your tolerance level, this can be fructose friendly too. And it's me – I have to add chocolate!

Base



- 3 medjool dates
- 1 1/2 tablespoons maple syrup
- 3/4 cup ground nuts of choice
- 3/4 cup desiccated or shredded coconut
- 2 tablespoons cacao
- 1 teaspoon vanilla extract
- 2 teaspoons cinnamon (optional)

In a food processor, blend these ingredients together to make a thick, sticky mix.

Place this into a lined cake tin, or a soft/easy-release muffin or cupcake tin – depending on what size you prefer.

Press the mixture firmly into the base of the tin.

Pop this into the freezer while you make the next layer.

Middle layer



2-3 ripe bananas

1 cup coconut cream (or the thick part of tinned coconut milk that has been in the fridge for a few hours)

1 1/2 tablespoon coconut oil

3 medjool dates

Pinch of salt

Maple syrup to preferred taste (optional)

1-3 tablespoons nut butter of choice (optional)

In a food processor, blend these ingredients together (just one large banana) to make a thick, creamy mixture.

Take your tin out of the freezer. Slice the remaining 1- 2 bananas to preferred thickness. Arrange them around the base in an even pattern so that they are fairly close to each other.

Pour the creamy mixture over the top.

Pop the tin back into the freezer until it is firm.

Top layer

Date paste* (or your favourite jam, tahini or nut butter)

75 – 100g dark chocolate

1 tablespoon coconut oil

1 teaspoon vanilla extract (optional)

Maple syrup to preferred taste (optional)

Spread a layer, as thick as you like, of your date paste on top of the firm middle layer.

Add the chocolate and oil (and syrup and extract if using) to a bowl over a saucepan with boiling water on a medium heat. Stir until the chocolate has melted.

Pour this mixture evenly over the tart and tap the tin gently on the bench to make it level. Smooth it with a spatula (if you're making a large tart, I recommend keeping the chocolate layer relatively thin to make it easy to cut into it cleanly).

{You might like to sprinkle on a decoration that adds a bit of a texture, such as chopped nuts, cacao nibs, coconut, chopped dried fruit or buckinis}

Pop it back into the freezer until set.

**To make your own date paste, use 4 – 5 medjool dates + 1/8 – 1/4 cup water and blend to a thick, smooth consistency. Adjust the water amount if needed. (Make a bigger serve if you'd like a super thick date toffee layer!)*

I hope you enjoy this! I am going to have to make another one very soon...

Take care of yourselves, be safe, and stay home and make an easy, yummy banoffee tart!