

# Banoffee Pie

This is a completely natural version of what is traditionally a very rich and unhealthy dessert. The cashews and yoghurt offer protein and healthy fats, while the dates and banana bring a natural sweetness and fibre. It is easy to slice and serve and is sure to impress your friends and family! Best of all this is super simple to make (you can even pre-make and freeze the base and centre, so I usually make two at a time and freeze one for a later date).

SERVES **12** PREP TIME **15** COOK TIME **8** **GF** **DF\*** **V**

## Base

- 3 Tbsp **coconut oil**, melted
- 1 cup **rolled oats**
- ½ cup **desiccated coconut**
- ½ cup **raw cashews**
- 8 **dried dates**

## Centre

- 1 cup **raw cashews**
- 1 ½ cups **dried dates**
- 1 tsp **vanilla extract**
- 1 large **banana**

## Topping

- 2 **bananas**, sliced
- ¾ cup **Greek yoghurt**

- 1 Preheat the oven to 160°C (320°F). Place the base ingredients in a food processor with an S blade and combine to form a crumb. Press down into a lined spring form tin or pie dish.

- 2 Bake for 6-8 minutes until light golden brown then allow to cool.
- 3 Meanwhile blend the centre measure of cashews for 2-3 minutes, pausing and scraping down as needed to form a paste. Then blend in the dates and vanilla. Lastly add the banana and blend until smooth. It is quite a sticky mixture so give your blender a break if it is heating up.
- 4 Once the base has cooled, pour the filling in and spread it out. It can be very sticky so use a metal spoon that has rested in a cup of boiling water to spread it evenly. Keep chilled until ready to serve.
- 5 Top with a layer of thinly sliced banana (saving some for a garnish) then a layer of Greek yoghurt spread out to the edge of the outside ring of banana slices. Garnish the centre with a few remaining pieces of banana.

 Go to [www.bit.ly/CWLBanoffee](http://www.bit.ly/CWLBanoffee) for a step by step demonstration video.

## Variations:

\*For a dairy free option, use coconut oil in the base and replace the yoghurt with the scooped out top half of a can of coconut cream which has been chilled in the fridge.

A delicious option is to serve this hot topped with unbelievably good ice cream (pg 178). Simply return the pie to the oven once you add the centre and cook for a further 8 minutes then serve it hot, topped with the cold banana ice cream. Enjoy!

