BANOFFEE PIE

FOR THE BASE:

• 1 cup gluten-free oats • 1 tablespoon maca powder • 1 tablespoon vanilla paste • ¼ teaspoon Himalayan salt • 1 tablespoon raw cocao powder • ½ cup medjoul dates • ¼ cup coconut oil melted

FOR THE CHOCOLATE LAYER:

• 1 tablespoon raw cacao powder • 3 tablespoons melted coconut oil

FOR THE CARAMEL:

• 1 cup medjoul dates • 1/4 cup pure maple syrup • 1 tablespoon maca powder • ¾ cup coconut blossom sugar • ¼ cup coconut oil melted • ¼ cup raw cocao butter melted • ¼ teaspoon Himalayan mountain salt

BANANAS large or small, as many as you need

CREAM coconut yoghurt works well (we use Coyo natural)

BASE: Blitz oats and all other ingredients until sticky in a food processor using the pulse function. Press into a spring form tin pressing up the sides about a cm to form the pie crust. Put in freezer to chill.

CHOCOLATE LAYER: Mix melted coconut oil and cocao together with a whisk. Pour into pie base. Place in refrigerator to set.

TO MAKE THE CARAMEL: Blitz all ingredients in a food processor until super smooth. Scrap you’re your pie crust, smoothing the surface with the back of a wet spoon. Place in freezer to set for at least 1 hour.

TO PUT TOGETHER: Slice bananas on an angle and layer into pie crust then top with coconut yoghurt and dust with cocao powder. We serve with caramelised pecans-YUM