Vegan Chia Banoffee

Date : 30-07-2019

Ingredients

- 1 1/2 cups almond milk
- 1 tbs maple syrup
- 4 soaked dates
- 1 1/2 ripe bananas
- 2 tbs chia seeds
- 1 tbs coconut oil
- 1 1/2 tbs vanilla extract
- Pinch of salt

Method

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1. For the banoffee sauce, in a saucepan, add 1 cup almond milk, 1 sliced ripe banana, 3 soaked dates, 1 tbs maple syrup, coconut oil, and 1 tbs vanilla extract
2. Bring to a simmer over low heat, stirring frequently; you'll notice that the sauce will start to thicken- once it reduces, and the bananas have dissolved into the sauce, remove from heat and set aside to cool
3. Separately, in a food processor, blend 1/2 a banana, 1/2 cup almond milk, 1 soaked date, 1 tsp vanilla, and a pinch of salt
4. Transfer to a bowl, mix in the chia seeds, and place in the refrigerator for at least 30 minutes
5. In short glasses, drop a generous spoonful of your banoffee sauce, and then distribute the banana chia pudding evenly
6. Drop a spoon of the remaining banoffee sauce into each glass
7. Eat immediately, or store in the refrigerator!

Of all my healthy dessert recipes, this Vegan Chia Banoffee is probably one of my favorites (if not THE favorite)! Sometimes when we do "healthy" or "vegan" versions of things, the taste inevitably gets altered, but that's not the case here.

Despite having absolutely no cream, butter, or dairy, this banoffee sauce has every bit of the richness of any real banoffee or caramel sauce. Combined with a light and fluffy chia pudding, it's a match made in heaven! The perfect balance of indulgent and airy.

In fact, the only thing this Vegan Chia Banoffee is missing that you would find in a tradition Banoffee is LOADS of sugar... and I don't think that's something any of us mind missing out on!

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