

Banana and Date Pudding with Cinnamon Almonds

20–30 Min

Ingredients 4 Portions

= Kotányi Produkte

Pudding

30 g	Cornstarch
70 g	Cane sugar
500 ml	Coconut milk
2	Bananas
50 g	Coconut cream
2	Dates, pitted
1 tsp.	Bourbon Vanilla Sugar
0.25 tsp.	Cinnamon, Ground
1 pinch	Sea Salt, Coarse

Date caramel

90 g	Dates, pitted
150 ml	Water

Cinnamon almonds

100 g	Almonds
1 tsp.	Coconut oil
1 tsp.	Cinnamon, Ground

Preparation

1. To make the banana and date pudding: Mix the cornstarch with the cane sugar and add to a small pan. Use a whisk to gradually add the coconut milk to the dry ingredients then bring to the boil.
2. Simmer for 10 minutes over a medium heat until the mixture has a pudding-like consistency.
3. Preheat the oven to 180°C (356°F).
4. Mix the almonds with the coconut oil and ground cinnamon and bake for 10 minutes at 180°C (356°F) using the conventional oven setting until crispy.
5. To make the caramel: Mix the dates with the water and use a hand blender to blend until smooth.
6. Finely blend the pudding with the bananas and dates and mix in the spices.
7. Fill the glasses with the finished pudding, top with the date caramel and the cinnamon almonds and enjoy.