



Banana and Date Pudding with Cinnamon Almonds

🕒 20–30 Min   

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.

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

