



Chocolate Banoffee Pie

READY IN



240 min.

SERVINGS



8

CALORIES



860 kcal

DESSERT

Ingredients

- 2 large banana ripe
- 100 g butter
- 270 g chocolate-hazelnut pirouette cookies
- 40 g round buttery crackers salted
- 300 ml cup heavy whipping cream
- 100 g t brown sugar dark (richer)
- 300 g chocolate dark
- 2 Tbs powdered sugar
- 400 g condensed milk sweetened

- 1 tsp vanilla essence

Equipment

- food processor
- baking paper
- oven
- microwave
- spatula

Directions

- Preheat oven to 180 degrees C Process chocolate digestives and salted crackers in a food processor till crumbs
- Mix the cookie/cracker crumbs with the browned butter and stir till combined and sticky (this is SO delicious, try not to eat it all!) Get a 20cm diameter tart tin with a loose base and press the crumbly cookie mixture into it, filling out the shape. Make sure to press down the back of a spoon, and use damp hands to aid the process of putting it up the sides. Chill for 20 minutes and then put to bake for 8-10 minutes. (
- Place it on top of a tray with baking paper since butter will leak a little)
- Remove from the oven and let sit to room temperature. Start making the toffee by placing melting the butter and brown sugar over medium-low heat till smooth.
- Add in the sweetened condensed milk and bring to boiling point, before removing from heat. Make sure the mixture is thick and golden.
- Add in the vanilla essence.
- Let cool for 1/2 hour to 45 minutes, or till not hot to touch. Lightly coat the bottom of the tart shell with a few spoonfuls of the toffee sauce,
- Place a layer of bananas on top, making sure there are not banana pieces one on top of the other.
- Pour a generous helping of the sauce on top, making sure to cover the bananas. Depending on your tart shell's depth, add another layer of bananas on top, then another layer of sauce.
- Place into the fridge to chill for 2-3 hours. Meanwhile make the whipped cream by whipping the thickened cream with the vanilla essence and icing mixture till it holds its peak. Meanwhile make the dark chocolate shards: Melt the chocolate in 20 second bursts in the microwave

and pour onto a piece of baking paper.

- Spread using a flat spatula, leaving a thin coating of chocolate.
- Place in the fridge (if it is wonky, no worries) and remove from the fridge after an hour. Break into pieces to use. Assemble the tart: Pipe little cornets all over the tart. Arrange pieces of chocolate shard on top artfully.

Nutrition Facts

PROTEIN 5.03% **FAT 51.49%** **CARBS 43.48%**

Properties

Glycemic Index:29.78, Glycemic Load:34.95, Inflammation Score:-8, Nutrition Score:18.821739130435%

Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 860.43kcal (43.02%), Fat: 50.16g (77.17%), Saturated Fat: 28.77g (179.82%), Carbohydrates: 95.28g (31.76%), Net Carbohydrates: 89.05g (32.38%), Sugar: 68.63g (76.26%), Cholesterol: 88.3mg (29.43%), Sodium: 405.34mg (17.62%), Caffeine: 33.38mg (11.13%), Protein: 11.03g (22.06%), Manganese: 1.1mg (54.84%), Copper: 0.87mg (43.46%), Iron: 6.35mg (35.3%), Phosphorus: 333.09mg (33.31%), Magnesium: 130.6mg (32.65%), Vitamin B2: 0.44mg (25.95%), Fiber: 6.23g (24.94%), Calcium: 227.59mg (22.76%), Vitamin A: 1040.85IU (20.82%), Potassium: 708.45mg (20.24%), Selenium: 13.86µg (19.8%), Zinc: 2.27mg (15.11%), Vitamin B1: 0.17mg (11.14%), Vitamin B6: 0.2mg (10.18%), Vitamin B3: 1.98mg (9.9%), Vitamin E: 1.39mg (9.27%), Vitamin B5: 0.92mg (9.19%), Folate: 33.77µg (8.44%), Vitamin K: 8.6µg (8.19%), Vitamin B12: 0.44µg (7.28%), Vitamin C: 4.48mg (5.44%), Vitamin D: 0.7µg (4.69%)