



Chocolate coconut banoffee pie

 Vegetarian

READY IN



90 min.

SERVINGS



10

CALORIES



727 kcal

DESSERT

Ingredients

- ☐ 397 g individually wrapped caramels canned
- ☐ 100 g chocolate dark
- ☐ 4 banana
- ☐ 400 ml coconut milk canned
- ☐ 4 large egg yolk
- ☐ 4 tbsp sugar
- ☐ 2 tbsp flour plain
- ☐ 1 tbsp cornstarch

- ☐ 300 ml double cream
- ☐ 200 g creamed coconut roughly chopped
- ☐ 400 g bourbon
- ☐ 2 tbsp frangelico
- ☐ 2 tbsp frangelico

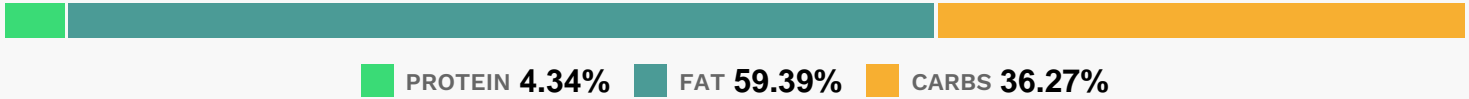
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ To make the base, gently melt the creamed coconut in a pan, stirring frequently. Meanwhile, whizz the biscuits in a food processor (if you don't have one, bash to the finest crumbs you can).
- ☐ Mix with the melted coconut and a pinch of salt. Press over the base and up the sides of a 22cm round loose-bottomed fluted tin. Chill.
- ☐ To make the coconut cream, bring the coconut milk to almost a simmer. Meanwhile, whisk together the egg yolks, caster sugar and flours.
- ☐ Pour the hot coconut milk over while whisking continuously. Tip back into the pan and gently heat, stirring constantly, until thickened, smooth and glossy. (At first it will be lumpy, but keep beating and it will become smooth.) Simmer for 2 mins, then take off the heat and stir in the Malibu. Cool with a sheet of cling film laid directly on the surface so a skin doesn't form.
- ☐ Scrape the caramel into a pan with the chocolate, broken into chunks, and gently melt together. Peel and slice the bananas, then arrange the slices over the base of the pie.
- ☐ Pour over the chocolate caramel and chill again to set 1 hr at least, or up to 24 hrs.
- ☐ When the coconut cream has gone cold, scrape into a bowl with the double cream and beat until just thick enough to hold a peak. Gently spoon into a plastic food bag (easy to transport) and chill until ready to serve.
- ☐ To serve, snip off the end of the cream bag and pipe all over the pie. Dust with a little cocoa to finish, and eat with any extra coconut cream mixture served in a bowl.

Nutrition Facts



Properties

Glycemic Index:30.29, Glycemic Load:30.08, Inflammation Score:-6, Nutrition Score:13.533043374186%

Flavonoids

Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg, Catechin: 2.88mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 727.48kcal (36.37%), Fat: 43.83g (67.44%), Saturated Fat: 31.89g (199.33%), Carbohydrates: 60.23g (20.08%), Net Carbohydrates: 56.97g (20.72%), Sugar: 41.23g (45.81%), Cholesterol: 110.62mg (36.87%), Sodium: 125.19mg (5.44%), Alcohol: 13.36g (100%), Alcohol %: 7.01% (100%), Caffeine: 8mg (2.67%), Protein: 7.2g (14.41%), Manganese: 1.28mg (63.85%), Copper: 0.51mg (25.49%), Phosphorus: 216.17mg (21.62%), Magnesium: 78.51mg (19.63%), Iron: 3.01mg (16.74%), Potassium: 580.96mg (16.6%), Vitamin B2: 0.27mg (15.69%), Vitamin B6: 0.31mg (15.44%), Selenium: 9.66µg (13.79%), Fiber: 3.26g (13.03%), Vitamin A: 592.47IU (11.85%), Calcium: 105.12mg (10.51%), Zinc: 1.51mg (10.08%), Vitamin B5: 0.97mg (9.69%), Folate: 33.2µg (8.3%), Vitamin B1: 0.11mg (7.59%), Vitamin C: 5.88mg (7.13%), Vitamin D: 0.85µg (5.67%), Vitamin B12: 0.33µg (5.47%), Vitamin E: 0.8mg (5.36%), Vitamin B3: 1.02mg (5.12%), Vitamin K: 2.74µg (2.61%)