



WHATSheATE



HEALTH SCORE

81%

## Dairy-Free Banana Cream Tart



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



3099 kcal

DESSERT

### Ingredients

- ☐ 10 amaretti cookies crushed
- ☐ 3 bananas ripe mashed well
- ☐ 1.5 cups coconut whip) homemade (such as Healthy Top, Rich Whip (in cartons)
- ☐ 2 cups cookie crumbs (I used dairy free almond shortbread)
- ☐ 2 teaspoons cornstarch
- ☐ 3 ounces dairy-free chocolate dark melted
- ☐ 2 cups so delicious dairy free vanilla almond plus almondmilk
- ☐ 2 eggs

- ☐ 1 teaspoon flour
- ☐ 1 teaspoon unflavoured gelatin powder
- ☐ 1 pinch salt
- ☐ 3 tablespoons non-hydrogenated shortening
- ☐ 2 tablespoons sugar

## Equipment

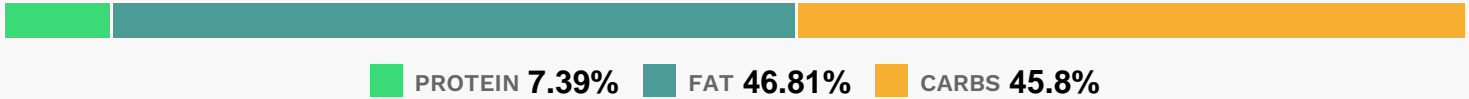
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ microwave
- ☐ spatula
- ☐ tart form

## Directions

- ☐ In a medium-sized pot pour in all custard ingredients except gelatin and whisk vigorously.
- ☐ Place on medium-high heat and bring to almost a boil. Reduce heat so the mixture does not boil over. Continuously whisk so mixture does not stick to the bottom of the pot and burn. Cook until mixture is thickened approximately 10 minutes. Bloom gelatin powder in a 1 tablespoon water. Microwave for 30 seconds on high.
- ☐ Mixture will liquefy. Stir to incorporate and cool slightly.
- ☐ Mix into banana mixture. Allow to cool at room temperature for 30–45 minutes. Refrigerate for 1 hour. (This cannot be made in advance as the bananas turn brown when refrigerated for too long). In a medium-sized bowl mix crumbs with shortening. Press into a 4x12x2-inch false bottom tart pan. (See picture). Press up the sides firmly using your fingers to tamp down the edge. This builds the sides to prevent breakage when removed from tart pan.
- ☐ Bake in a 350°F preheated oven for 10 minutes, or until lightly golden. Cool to room temperature or speed the process up in the refrigerator for 15 minutes.
- ☐ Pour the melted chocolate onto the cooled crumbs.

- ☐ Spread with a spatula. (When chocolate hardens it prevents the filling to soak through to the crumbs, giving you a sturdy shell and a nice surprise)
- ☐ Pour the cooled banana filling mixture over the crust , spread to the outer corners.Top with whipped topping, refrigerate.When ready to serve sprinkle crushed amaretti cookies on top.

## Nutrition Facts



## Properties

Glycemic Index:320.29, Glycemic Load:148.69, Inflammation Score:-10, Nutrition Score:79.284782741381%

## Flavonoids

Catechin: 21.59mg, Catechin: 21.59mg, Catechin: 21.59mg, Catechin: 21.59mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 3098.67kcal (154.93%), Fat: 163.19g (251.06%), Saturated Fat: 63.76g (398.51%), Carbohydrates: 359.23g (119.74%), Net Carbohydrates: 334.61g (121.67%), Sugar: 202.61g (225.12%), Cholesterol: 332.16mg (110.72%), Sodium: 1343.28mg (58.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 68.04mg (22.68%), Protein: 57.93g (115.85%), Manganese: 3.51mg (175.71%), Vitamin E: 21.47mg (143.15%), Vitamin B2: 2.42mg (142.3%), Vitamin B6: 2.75mg (137.35%), Copper: 2.71mg (135.31%), Vitamin B3: 25.65mg (128.24%), Iron: 21.73mg (120.71%), Folate: 433.43µg (108.36%), Vitamin B12: 6.34µg (105.73%), Fiber: 24.63g (98.51%), Selenium: 64.81µg (92.58%), Calcium: 898.97mg (89.9%), Potassium: 2955.39mg (84.44%), Magnesium: 337.37mg (84.34%), Vitamin B1: 1.22mg (81.29%), Vitamin C: 64.78mg (78.52%), Phosphorus: 733.56mg (73.36%), Vitamin A: 2845.14IU (56.9%), Vitamin K: 54.28µg (51.69%), Vitamin D: 7.42µg (49.49%), Zinc: 6.73mg (44.87%), Vitamin B5: 3.77mg (37.66%)