



RAW BANANA CARAMEL TART

Make 1 batch of the Raw Salted Caramel Dip

Raw Pie Base Recipe

- 1 cup mixed nuts
- 1 cup dessicated coconut
- 2 tablespoons agave syrup or 2 dates
- 2 tablespoons coconut oil

Put all ingredients (except coconut oil) into a processor and blend until fine – then add oil and mix well – press into a standard size pie dish

Filling

- 1/2 cup coconut oil
- 1 cup cashews, soaked
- ½ cup coconut flesh or coconut butter
- ¼ cup agave or 6 dates
- 1 teaspoon sea salt
- 2 bananas

(Could also try some other flavour options for the filling; ½ cup cacao, ¼ cup lemon/lime juice, ½ cup berries)

Process cashews until smooth – then add in all other ingredients.

Place a layer of the Raw Salted Caramel Dip on top of the base.

Then place a layer of the Banana Filling and put into fridge to set