

Less than 45 minutes

Serves 6

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Ingredients:

- 2 packets (100g each) walnuts or pecans, chopped
- ½ tsp (3ml) cinnamon
- 8 sheets phyllo pastry, defrosted
- ¼ cup (60ml) maple syrup
- 1 can (400ml) coconut cream, chilled
- 4-6 bananas, sliced

Filling:

- ½ tub (120g) ricotta cheese
- ¼ cup (60ml) maple syrup or honey
- 2 tsp (10ml) vanilla extract or vanilla essence
- Juice (60ml) and grated peel of 1 lemon

Date caramel:

- 1 punnet (400g) medjool dates, stoned and chopped
- ½ cup (125ml) hot water
- ¼ cup (60ml) honey
- ½ cup (125ml) coconut milk
- 1 tsp (5ml) vanilla extract or vanilla essence
- Pinch salt

Method

COOK'S NOTE

By chilling your can of coconut cream in the fridge for 2-3 hours, the thick cream separates from the liquid and forms a scoopable layer on top that can be whipped just like dairy cream.

1. Preheat oven to 180°C.
2. Line 2 baking trays with baking paper.
3. Combine nuts and cinnamon.
4. Place two sheets of pastry next to each other and brush with maple syrup.
5. Sprinkle with a little nut mixture and layer each with another sheet of pastry.
6. Repeat until you have 2 stacks with 4 layers of pastry each.
7. Cut each stack into 12 squares and place on lined trays.
8. Bake for 10-12 minutes, or until golden and crispy.
9. Combine filling ingredients until smooth.
10. Place date caramel ingredients in a blender and blitz until smooth and velvety.
11. Fold 2 Tbsp date caramel into filling mixture until smooth.
12. Skim solid cream from coconut cream and whip to stiff peaks. (Discard liquid or use in smoothies).
13. Place a spoonful of filling on each pastry square, followed by banana slices, some date caramel and whipped coconut cream.
14. Layer 4 squares of pastry on top of each other to form a stack, creating a total of 6 stacks.
15. Serve.

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