



GO BANANAS PUDDING (SERVES 4)

This healthy pudding is so yummy it's BANANAS!
(collaboration with @BabyLedKitchen)

You'll need:

2 bananas
200ml coconut milk
200ml Full Fat Greek Yogurt (or you
can use dairy free coconut yogurt)
2 tablespoons honey or maple syrup
1-2 tablespoons of desiccated coconut
6 slices of bread (white, brown or 'half
and half' varieties)

Equipment:

4 ramekins or tumblers
Circular cookie cutters
1 large mixing bowl
1 chopping board
1 butter knife
1 teaspoon
An electric whisk or mixer (optional)



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- 1 Gather together all your ingredients, ready to use
- 2 Cut out circles of bread using a circular cookie cutter (it's best if it is roughly the same size as your ramekins or tumblers).
- 3 Keep going until you have used all of the bread. Each ramekin needs about 3 circles.
- 4 Add 1 spoonful of honey or maple syrup to the coconut milk. You will need this in a minute!
- 5 Peel and carefully chop your banana on your chopping board (make sure a grown up is helping you for this bit)
- 6 Mash your banana in a mixing bowl using a fork.



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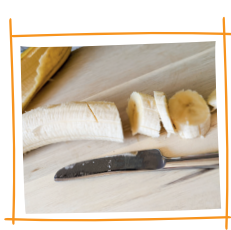
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- 7 Dip a circle of bread into the coconut milk mixture for a few seconds. Place it in a ramekin.
- 8 Spoon on 1 tablespoon of mashed banana, then add another layer of bread soaked in coconut milk. Do this again!
- 9 Can you spot a pattern? Bread, banana, bread, banana, bread. Press it down with your spoon when you have finished making one pudding you can make the others in exactly the same way.
- 10 Mix 1 spoonful of honey or maple syrup with the Greek yogurt.
- 11 Ask your grown up to whisk the yogurt until it is extra thick and a little bit bubbly. Don't worry if you don't have an electric whisk, the recipe will be fine if you miss this step out.
- 12 Spoon the yogurt on top of the puddings.
- 13 Sprinkle some desiccated coconut over the puddings then cover and pop them in the fridge for an hour, or longer if you can wait that long!



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