

Have you ever been craving a rich, luxurious dessert ... yet don't want to spend hours in the kitchen, or indulge in something not-so-healthy you'll end up regretting by bedtime?

Well, if you have 15 minutes to spare - we have great news. This decadent dessert recipe tastes like it involved quite a bit of kitchen labor (but it didn't) and as if it's filled with all kinds of indulgences (but it really isn't).

Complete with simple ingredients like pure coconut cream, all-natural maple syrup, ripe, mineral-rich bananas, shredded coconut, pecans, and a dash of our flavorful sea salt, it's a healthy treat you have no reason to miss.

Maple Coconut Cream with Salted Cinnamon Banana

Prep time: 15 minutes

Total time: 15 minutes

Serves: 2

Equipment needed:

Saute pan

Large mixing bowl

Ingredients:

- 2 cans coconut cream, chilled overnight in the refrigerator
- 2 ripe bananas, peeled
- 1 tbsp Ava Jane Avocado Oil
- 2 tbsp maple syrup (plus more for drizzling)
- ¼ cup crushed pecans or walnuts
- 2 tbsp shredded coconut
- ½ tsp Ava Jane Sea Salt
- 1 tsp cinnamon
- 2 dark chocolate squares (optional)

Instructions:

1. Carefully remove coconut cream cans from the refrigerator and open. Do not shake them!
2. Scoop out the hardened cream at the top of each can and place in a mixing bowl, discarding the remaining liquid.
3. Stir in maple syrup and whisk until a thick cream is formed. Set aside.
4. Slice each banana in half down the center, then again lengthwise. You should have 8 slices of banana.

5. Add avocado oil to your saute pan and heat over medium high heat. Add banana slices and toss gently until covered in oil.
6. Dash your cinnamon and sea salt over the slices and saute gently for about 5 minutes, or until the edges are carmelized and lightly browned.
7. Remove from heat.
8. Add coconut cream to serving plates and top with banana slices. Dash with crushed nuts and shredded coconut, drizzle with additional maple syrup, and top with a dark chocolate slice.
9. Serve immediately.