Chocolate, banana. hazelnut and date tart
Serves 8 - 12, takes 15 minutes

* *Dates - 1 cup, pitted*
* *Ground hazelnuts (or almonds) - 1 cup*
* *Cocoa powder - 1 heaped tsp*
* *Salt - two pinches*
* *Dark chocolate - 200g*
* *Coconut milk - 120ml (nut milks would also work)*
* *Cardamom (optional) - a pinch*
* *Bananas - 3*
* *Roasted hazelnuts - a handful, chopped*

1 springform cake tin, 25cm diameter

Line the base of your cake tin with a circle of greaseproof paper.

In a blender, pulse the dates, hazelnuts, cocoa and a pinch of salt together until you have an even crumb. Don't over blend. Sprinkle the mixture evenly into the base of the tin, then press it down firmly with your fingers to create a crust. You should have enough to make a thin, even layer.

Thinly slice the bananas and lay the slices in a single layer on top of the date and hazelnut mixture.

Melt the chocolate in a glass bowl set over a pan of simmering water. Stir occasionally.

Meanwhile, heat up the coconut milk in a small pan until nearly simmering.

Gradually add the coconut milk to the melted chocolate, stirring continuously. Keep stirring until the mixture is smooth and silky. Add a pinch of salt and the cardamom, if using, and stir to combine.

Pour the ganache over the top of the bananas and use a spatula to spread it carefully into an even layer. There should be just enough to just cover all of the fruit.

Finally, sprinkle the chopped hazelnuts on top.

Place the cake in the fridge to set for a couple of hours.

When you're ready to serve, use a knife to separate the ganache from the side of the tin before you remove the springform. Serve chilled.