

Banana Pudding with Almond Shortbread Cookies

Prep time:

5 minutes

Yields:

2 people

Ingredients:

For the Almond Shortbread:

½ coconut oil
⅓ cup maple syrup
2 ¼ cups gluten-free flour blend
¼ tsp pure almond extract
¼ teaspoon salt

For the Banana Pudding

2 and 1/2 cups almond milk unsweetened
4 tablespoons corn starch
1/4 cup coconut sugar
2 teaspoons vanilla extract
2 large bananas, sliced

Directions:

For the Almond Shortbread:

Preheat oven to 350F. Line a cookie sheet with parchment paper. Prepare a rolling area with two additional sheets of parchment paper for that, and have a pizza cutter or dough cutter and a fork handy.

Place coconut oil in a large mixing bowl and whip it with a mixer until it's creamy. Add maple syrup, salt, and almond extract and mix once again to combine. Add in flour and mix you can shape it into a ball

Roll out the dough between two sheets of parchment paper to 1/2" thickness. Use a pizza or dough cutter to cut the dough into 1" x 3" rectangles {cut into vertical 1" strips, and then cut horizontally to create the rectangles}. Carefully transfer to a prepared cookie sheet, spacing them 1/2" apart {they won't spread as they bake}. Gather up any dough scraps and repeat until all dough is used up. Use a fork to carefully pierce some holes in each cookie {to prevent bubbling and excessive cracking}.

Bake in a pre-heated oven for approximately 14-15 minutes, until the edges begin to become a little golden. Remove from oven and place on a cooling rack.

For the Banana Pudding

In a measuring cup, combine 1/2 cup almond milk (or other plant-based milk) with corn starch and coconut sugar. Whisk until dissolved then pour the mixture in a saucepan with the remaining milk and warm over medium heat. Bring to a low boil and continually whisk until mixture starts to thicken, for about 2 minutes. Remove from heat, stir in vanilla extract then transfer to a bowl and allow to cool. Cover and refrigerate for a minimum of 3 hours or up to overnight. Once the pudding is thickened, add to mixer to beat it until smooth. Fold in bananas. Add to large serving dish or individual dishes and layer almond shortbread cookies around the edges.