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## VEGAN 100 % RAW SWEET SUPERSTAR DESSERT

## Ingredients:

- 120 g dates
- 30 ml strong espresso
- handful walnuts
- 1 tbsp war cocoa nibs or cocoa powder
- 1 banana
- cinnamon
- Blend the dates with espresso until you reach a smooth paste. Add a handful walnuts and the cocoa nibs and blend again gently (for this I used a hand blender).



2. Cut a fresh banana into 10 pieces and place 5 of them on a plate in form of a star. Dust cinnamon over the banana if you like.



3. Take the date-espresso paste and place it on the banana.



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4. Put the other pieces of banana over the date-espresso paste and fill the gap in the middle with the rest of the date paste. Put a walnut on top for decoration, if you like.





I hope you enjoyed my recipes. Give me a feedback if you liked it and connect with my on my <u>blog</u>! I would love to meet you!

Stay healthy, honey!

Loveeeee,

Olga