

COOKING UP THE MAGIC

PLANT-BASED PEANUT AND BANANA TORTE

California Grill | Disney's Contemporary Resort



INGREDIENTS SERVES 12

SHORTBREAD CRUST

- 2/3 CUP** coconut oil
- 2 CUPS** almond flour
- 2/3 CUP** gluten-free flour
- 1/4 CUP** maple syrup
- 1 TABLESPOON** vanilla extract

PEANUT BUTTER FILLING

- 3 CUPS** creamy peanut butter
- 3/4 CUP** coconut oil
- 3/4 CUP** maple syrup
- 2 TEASPOONS** vanilla extract

WHITE CHOCOLATE GLAZE

- 16 OUNCES** plant-based white chocolate, chopped
- 1/2 CUP** canned coconut milk
- 1/4 CUP** coconut oil

BLACKBERRY-BANANA SAUCE

- 1 1/2 CUP** fresh blackberries
- 2** ripe bananas
- 1/3 CUP** plus 2 tablespoons sugar, divided
- 3/4 TEASPOONS** pectin
- 1/8 TEASPOON** salt

MISO CARAMEL

- 1 CUP** sugar
- 1/4 CUP** corn syrup
- 1/3 CUP** water
- 1/2 CUP** canned coconut milk
- 1 1/2 TEASPOONS** miso paste

PEANUT CRUMBLE

- 1/2 CUP** chopped peanuts
- 1 1/4 CUPS** almond flour
- 1/2 CUP** softened coconut oil
- 1/3 CUP** agave syrup
- 1 1/2 TEASPOONS** baking soda

CARAMELIZED BANANAS

- 3** bananas
- 1/4 CUP** sugar

TOPPING

- Flaked sea salt, to taste
- 24** fresh blackberries



This recipe is made without animal meat, dairy, eggs, or honey.

DIRECTIONS

FOR SHORTBREAD CRUST:

1. Preheat oven to 300°F.
2. Melt coconut oil in microwave at 50% power for 30–45 seconds.
3. Combine melted coconut oil, almond flour, gluten-free flour, maple syrup, and vanilla extract in large bowl. Stir to combine.
4. Firmly press into 8x8-inch baking dish. Bake for 13–15 minutes, until golden brown.
5. Cool at room temperature for at least 30 minutes.

FOR PEANUT BUTTER FILLING:

1. Melt peanut butter and coconut oil in large microwave-safe bowl, stirring every 30 seconds, until smooth.
2. Add maple syrup and vanilla extract. Stir until combined. Pour on top of cooled shortbread crust.
3. Freeze for 4 hours to set.

FOR WHITE CHOCOLATE GLAZE:

1. Melt chopped white chocolate in a large microwave-safe bowl, stirring every 30 seconds, until melted.
2. Combine coconut milk and coconut oil in a small saucepan. Heat over medium-low heat until hot. Pour into melted white chocolate and stir until smooth.
3. Pour on top of shortbread and peanut butter filling, making sure to evenly cover the top.
4. Freeze until ready to serve.

FOR BLACKBERRY-BANANA SAUCE:

1. Place blackberries in food processor or blender and purée until smooth. If desired, strain blackberries with a mesh strainer to remove seeds. Place in a small saucepan.
2. Purée bananas and add to blackberries. Stir in 1/3 cup sugar. Bring to a boil over medium-high heat, stirring occasionally.
3. Once purée is boiling, combine pectin and remaining 2 tablespoons sugar in a small bowl. Sprinkle over top of blackberry-banana sauce and stir constantly for 30 seconds. Remove from heat and stir in salt.
4. Cool at room temperature for 30 minutes before serving.

FOR MISO CARAMEL:

1. Combine sugar, corn syrup, and water in small saucepan. Cook over medium-high heat until boiling. Cook undisturbed for 10–12 minutes, until dark amber in color.
2. Remove from heat and slowly stir in coconut milk. Stir until smooth.
3. Add miso and set aside until ready to serve.

FOR PEANUT CRUMBLE:

1. Preheat oven to 275°F.
2. Mix chopped peanuts, almond flour, coconut oil, agave syrup, and baking soda in a medium bowl until crumbs form.
3. Spread on ungreased baking sheet and bake for 10 minutes, stirring after 5 minutes, until golden brown.
4. Set aside until ready to serve.

FOR CARAMELIZED BANANA:

1. Slice each banana into 1/2-inch thick circles for a total of 24 slices. Place sugar in a small bowl.
2. Dip top of each banana slice in sugar. Use a cooking torch to melt sugar on each slice until melted and browned. Banana slices can also be broiled on top rack of oven for 1–2 minutes.
3. Cool completely before serving, but do not refrigerate.

TO SERVE:

1. Remove torte from freezer. Cut into 12 rectangles, each one approximately 4 inches long and 1 1/4 inches wide.
2. Smear 1–2 tablespoons blackberry banana sauce in the center of each plate. Top with peanut banana torte.
3. Spoon 1 tablespoon caramel around the plate and sprinkle desired amount of crumble around plate.
4. Place 2 caramelized bananas and fresh blackberries on each plate. Sprinkle flaked sea salt on top of torte.