

# Rustic Banana and Walnut Tart with Whole Wheat Crust

YIELD: 6 SERVINGS

## INGREDIENTS:

### Crust:

- 150g whole wheat flour
- 100g cold butter, cubed
- 3 tablespoons (45ml) ice water
- 1 pinch of salt

### Filling:

- 3 bananas (375g)
- 50g muscovado sugar
- ½ teaspoon ground cinnamon
- 40g chopped walnuts
- 2 tablespoons (30ml) honey
- 1 tablespoon (15ml) lemon juice

## Instructions:

1. Mix the flour, salt, and butter with your fingers until crumbly. Gradually add water and form a dough. Refrigerate for 30 minutes.
2. Roll out the dough into a 25cm circle on parchment paper.
3. Slice the bananas and mix them with honey, cinnamon, walnuts, sugar, and lemon juice.
4. Place the filling in the center of the dough and fold the edges over.
5. Bake at 190°C (375°F) for 30–35 minutes or until the crust is golden.
6. Serve warm, optionally with plain yogurt.



### Nutritional information (approx. per serving):

320 kcal | 5g protein | 18g fat | 38g carbohydrates | 4g fiber