

# Food Babe's Sweet Banana in Coconut Milk



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	10 mins	20 mins	4

<https://foodbabe.com/sweet-banana-in-coconut-milk-elephant-camp-dinner-at-four-seasons-tented-camp>

## Ingredients:

- 16 ounces coconut milk
- 2 large bananas, sliced
- ½ teaspoon ground cardamon seed
- ⅓ cup coconut sugar
- ⅛ teaspoon sea salt
- 1 tablespoon black sesame seeds, toasted

## Instructions:

1. In a large pot, combine coconut milk, sugar and cardamon (you can use 1 pandanus leaf instead of cardamon) and bring to a boil until sugar dissolves (Note – the cardamon or pandanus leaf will not dissolve).
2. Stir well, reduce heat and add banana, cooking for 7 more minutes or until you see the banana turn golden yellow.
3. If using pandanus leaf, remove it and serve pieces of banana covered with ½ cup of coconut milk in a small dish.
4. Sprinkle with sesame seeds.

## Notes:

- Adapted from Chef Pisan's Kloi Buad Chee at the Four Seasons Tented Camp
- Best served warm, but can also be served chilled on a hot day.
- Please buy all organic ingredients if possible