

Frozen Bananas in Coconut and Peanuts Recipe

(Vietnamese Dessert)

Ingredients:

8 small ripe bananas (preferably finger bananas), or 2 regular bananas
cut into quarters
8 wooden ice cream sticks
250 ml (1 cup) coconut cream
2 tablespoons castor sugar
½ teaspoon salt
100 g (1 cup) chopped roasted unsalted peanuts
4 tablespoons freshly grated or unsweetened desiccated coconut

Method:

Peel the bananas and thread them onto the ice-cream sticks. Place on a plate, cover with plastic wrap and freeze in the freezer for 1 to 1½ hours. Combine the coconut cream, castor sugar and salt in a narrow glass and stir until the sugar is dissolved. On a plate, combine the peanuts and grated or desiccated coconut, and mix well. Dip a frozen banana into the sweetened coconut cream, tilting the glass to ensure the banana is coated thoroughly. Remove and roll in the peanut mixture until the banana is coated on all sides, then place on a serving plate. Repeat with the remaining bananas. Serve the coated bananas immediately, or return to the freezer and serve at any time.

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