

## Spiced Banana Cream Recipe

**Ingredients:** Serves 4

225g brown sugar  
300ml (1¼ cups) water  
1 stick cinnamon, about 5-cm length + extra for garnishing  
2 cloves  
150ml Coconut cream  
4 bananas, peeled and sliced

**Method:**

Place sugar, water, cinnamon and cloves in a small saucepan. Cover pan and simmer over a low heat for an hour. Add coconut cream and allow mixture to bubble for 1 minute, then remove from heat. Arrange bananas in serving bowls. Ladle coconut sauce over bananas and leave to stand for 15 minutes before serving. Put a stick of cinnamon in to garnish. Serve warm.

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