



Serves: 4

Boiled Banana with Grated Coconut

Ingredients

- Banana kepok 4
- Grated coconut 40g
- Rice flour 50g
- Water 6 cups
- Pandan leaf 1
- Salt, to taste
- Brown sugar 1 tbsp

Tips:

- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of oil and seasonings used in cooking.
- Use fresh fruit, dried fruit, fruit juice or fruit sauces as healthier alternatives over sugar to sweeten your desserts.
- Fruit and vegetables are low in sodium and high in potassium. This helps to maintain a healthy blood pressure.

Method

- Place rice flour in deep mixing bowl. Make a well in the middle of the flour and add water and salt. Whisk vigorously until batter is evenly smooth for coating and not too thin (if too thin, add more rice flour).
- Add banana to rice flour batter.
- Boil pandan leaf in 6 cups of water and sprinkle a pinch of salt.
- Add well coated bananas into water and boil over very low heat for approximately 10 minutes.
- Remove banana and dry with clean kitchen towel.
- Sprinkle with freshly grated coconut and brown sugar.
- Serve.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 143kcal
Protein 2.0g
Total fat (g and % of total calories)
2.2g (13%)
Saturated fat 1.6g
Cholesterol 0mg
Carbohydrate 30.7g
Dietary Fibre 2.6g
Sodium 155mg