



This recipe was crafted by women and girls in the Thailand baking school who have learned cooking as a trade so they can escape the red-light district and provide for their families. Learn more at worldhelp.net/freedom.

INGREDIENTS

5 Unpeeled Bananas
8 fl. oz Coconut Milk
3 Tbsp Coconut Palm Sugar
2 Tbsp Granulated Sugar
 $\frac{1}{8}$ tsp Salt

Bananas in Coconut Milk

1. Slice ends off each side of the unpeeled bananas.
2. Cook unpeeled bananas in boiling water for 3-5 minutes until the peel begins to break apart.
3. Scoop bananas out, peel, and cut into bite-sized pieces.
4. Pour coconut milk into a pot and bring to a boil over medium heat.
5. Add coconut palm sugar, granulated sugar, and salt. Mix well.
6. Add bananas and return to a boil.
7. Mix gently and boil for about 3 more minutes. Serve warm.

Tip: Try to use bananas that have just ripened, not too green but not overly ripe either.