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## BAKED BANANA WITH COCONUT BLOSSOM SUGAR SYRUP AND RAW CACAO NIBS

### Ingredients (serves 4)

- 4 peeled bananas
- 300ml water
- 300g Coconut blossom sugar (Amanprana Gula Java Brut)
- A pinch of chili powder
- A pinch of Fleur de Sel (Amanprana Fleur de Sel)
- A pinch of cinnamon
- 2tbsp raw cacao nibs

### Preparation

Preparation baked banana with coconut blossom sugar syrup and raw cacao nibs:

Put the water together with the sugar in a sauce pan and bring to a boil until all the sugar is dissolved. Add the chili, Fleur de Sel and the cinnamon. Stir well and let it simmer until you get a creamy consistency. Halve the bananas, add and heat until they become slightly soft. Divide over four small plates, sprinkle with a bit of raw cacao nibs and serve. Enjoy!

Tip: What will go beautifully with this dish, is "oliebol" (a traditional Dutch and Belgian food, somewhat like doughnuts) or Nigerian Puff Puffs. Make sure of course, to choose a healthy way of cooking and fry them in for example coconut oil.

Gluten free



Vegetarian



Vegan



Raw food

