

# Mangoes & bananas with palm sugar cream



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**Preparation:** about 20 minutes

**Cooking:** about 5 minutes

**Serves:** 4

½ cup ready to pour or grated palm sugar

¼ cup water

½ cup light coconut cream

1 tbs lime juice

4 just-ripe small mangoes

2 ripe bananas, sliced diagonally

Shredded toasted flaked coconut and lime wedges, to serve

1. To make sauce, combine palm sugar, water and coconut cream in a small heavy based saucepan. Stir over medium heat until mixture comes to the boil. Reduce heat to low, and simmer, stirring occasionally, for 3 minutes. Remove from heat, stir in lime juice and set aside to cool.
2. To serve, cut cheeks from mangoes, remove skin and thickly slice. Peel and diagonally slice bananas. Arrange fruit on a serving platter or plates. Drizzle with sauce and serve with lime wedges.



### Mangoes

- An excellent source of vitamin C which helps the body defend itself against infection.
- A good source of beta carotene, which the body converts to vitamin A (important for healthy skin and eyes). The highest levels are found in mangoes with deep orange-coloured flesh.
- A source of dietary fibre and also potassium. Fibre is important for the digestive system and potassium helps balance the sodium from foods with added salt.