

**Misc.**

---

# Grilled Bananas with Coconut-Caramel Sauce

Palm Beach Post

**Servings: 4**

*The sauce may be prepared up to a day ahead and refrigerated, covered. Let the sauce return to room temperature before using.*

**1/2 cup light brown sugar**

**1 cup unsweetened coconut milk**

**4 bananas**

**Flat bamboo skewers**

Combine the sugar and coconut milk in a heavy saucepan. Bring to a boil over medium heat, whisking to dissolve the sugar. Simmer briskly until thick, golden and very flavorful, about 5 minutes, whisking often. Remove the pan from the heat and let the sauce cool to room temperature. Place it in a deep bowl.

Heat the grill to high. Brush and oil the grill grate.

Peel bananas and skewer them through one end. Grill the bananas until they are lightly browned and partially cooked, 1 to 2 minutes per side.

Dip the bananas in the coconut-caramel sauce (or brush it onto all sides) and return them to the grill. Continue to grill the bananas until they are darkly browned and sizzling, 1 to 3 minutes per side.

A bamboo skewer should easily pierce the banana when done. Transfer to a platter or bowl, Spoon the remaining sauce on top and serve at once.

---

Per Serving (excluding unknown items): 177 Calories; 1g Fat (2.6% calories from fat); 1g Protein; 45g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 2 Fruit; 1 Other Carbohydrates.