



# Recipes

## Desserts

### **Plantain Cakes**

*Prep Time: 5 minutes*

*Cooking Time: 10 minutes*

*Yield: 4 servings*

#### **Ingredients:**

- 3 ripened plantains
- 1/2 teaspoon baking powder
- 2 tablespoons brown rice syrup
- 3 tablespoons coconut oil

#### **Directions:**

1. Bring a large pan of water to a boil. Cut the ends off the plantains, place in water and cook until soft. Drain.
2. When cool, peel the plantains, mash with fork, mix in baking powder and brown rice syrup.
3. Shape the mixture into small cakes.
4. Heat the coconut oil in a heavy frying pan and fry the cakes on both sides until golden brown.