



THAI BLACK BEANS IN COCONUT CREAM DESERT

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 40-45 mins

Soaking time: 12 hours

Serves: 4



INGREDIENTS

- 1/2 cup dried black beans, soaked overnight in 2 cups water.
- 1 1/2 cups coconut cream
- 1/3 cup honey
- 1/2 tsp salt
- 1 cup reserved water from cooking beans

METHOD

- Drain soaked beans, and put into saucepan with enough water to cover the beans.
- Bring to the boil, then reduce heat and simmer for 30 minutes, or until beans are soft. Drain, but reserve 1 cup of the water.
- In another pot, combine coconut cream, honey and salt, and bring to the boil. Stirring all the time to prevent curdling, reduce heat and simmer for 4-5 minutes.
- Add cooked beans and extra cup of water and bring to the boil while stirring.
- Remove from heat, check for sweetness and add more honey if preferred.
- Best served warm, or at room temperature.