

Vietnamese Banana and Coconut Pudding – Che Chuoi

Yield: 4 min
Total Time: 47 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-tapioca-dessert-recipe>

Ingredients:

- 1 cup frozen cassava available at Asian groceries
- tap water for soaking
- 3 1/8 tablespoons tapioca pearls small, available at Asian groceries, Note 1
- 3 1/8 tablespoons tapioca zig zags / bot khoai, Optional and available at Asian groceries, Note 2
- 4 cavendish bananas just ripe, cut into quarters at an angle, Note 3
- 1 11/16 cups coconut cream
- 2 9/16 cups water
- 4 pandan leaves tied together in a reef knot, available at Asian groceries
- 1 2/3 cups caster sugar
- 1/4 teaspoon salt
- 2 tablespoons unsalted roasted peanuts crushed
- 1 tablespoon black sesame seeds optional

Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 118 grams
3. Fat: 39 grams
4. Fiber: 7 grams
5. Protein: 7 grams
6. SaturatedFat: 32 grams
7. Sodium: 170 milligrams
8. Sugar: 65 grams

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