

## Desserts

Whether it's been a rough day, it's time to celebrate, or just because it's Wednesday, these sweets are totally worth it.

# Caramelized Bananas

FOR TWO



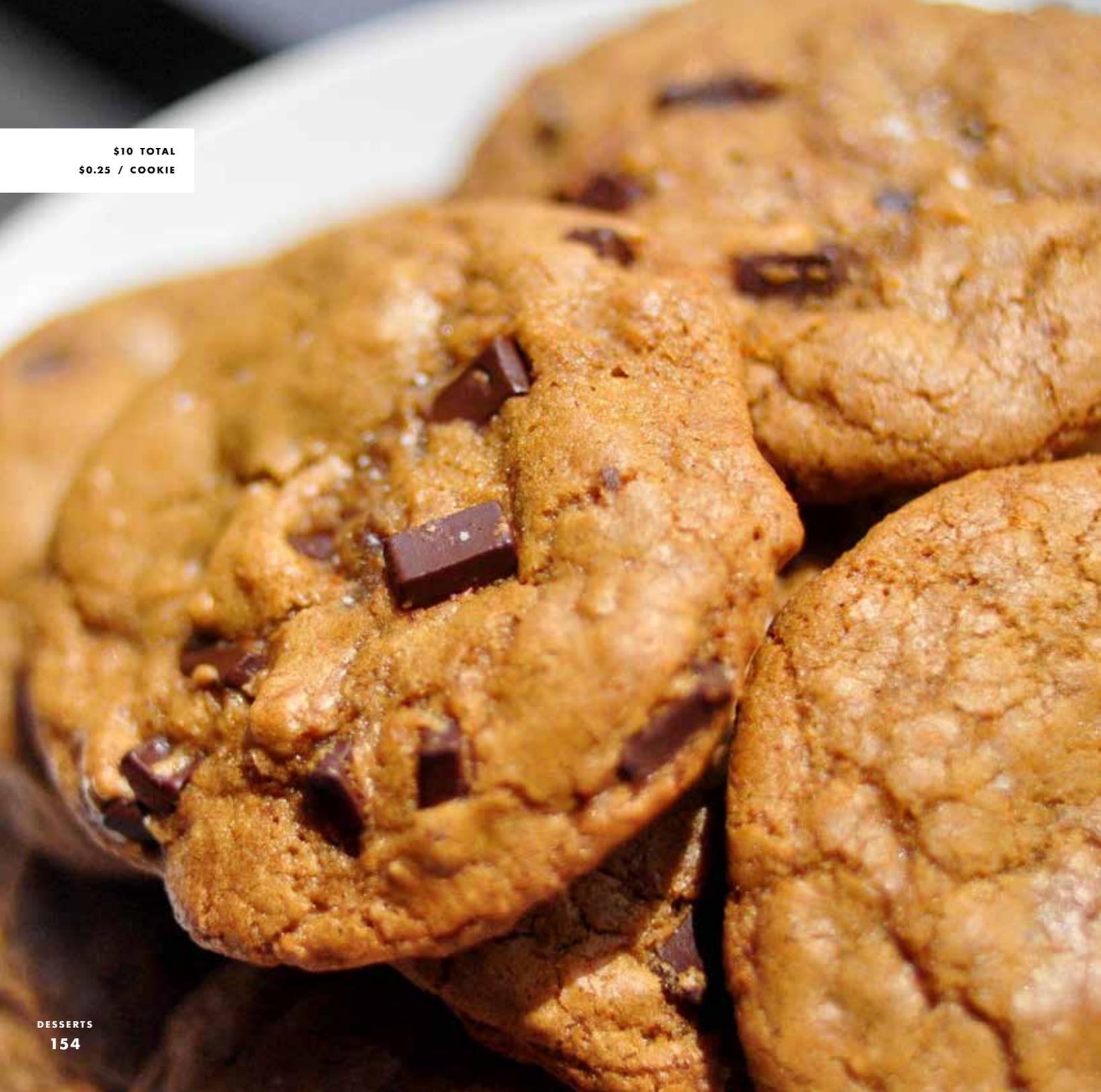
These bananas—cooked in just a bit of caramel—are crispy and gooey on the outside and almost like a soft pudding inside. Sweet, messy, and irresistible.

2 bananas, peeled and split in half  
1 tbsp butter  
2 tbsp brown sugar

Melt the butter in a non-stick or cast-iron pan on medium-high heat. Add the sugar and let it melt into the butter for about 2 minutes. Place the bananas face down in the butter-sugar mixture, then cook for 2 minutes or until they become brown and sticky. Carefully flip them over and do the same to the other side.

Serve them whole or split them into quarters. Drizzle any caramel left in the pan over the bananas. Serve with ice cream or on their own.

\$0.70 TOTAL  
\$0.35 / SERVING



\$10 TOTAL  
\$0.25 / COOKIE

# Coconut Chocolate Cookies

MAKES FORTY

A just-chewy-enough, just-crispy-enough, just-gooey-enough cookie that's perfect for a special treat.

$\frac{2}{3}$  cup shaved, unsweetened coconut, toasted  
 $1\frac{1}{2}$  cups chocolate chips  
 $\frac{1}{2}$  lb unsalted butter (2 sticks)  
2 cups all-purpose flour  
1 tsp salt  
1 tsp baking soda  
 $1\frac{1}{2}$  cups dark brown sugar  
2 eggs  
2 tsp vanilla

Heat the oven to 350 °F.

Spread the coconut into a thin, even layer on a cookie sheet. Place it in the oven for 5 to 8 minutes, until it's light brown, toasty, and aromatic.

Melt the butter in a heavy-bottomed saucepan over low heat. Once it's melted, leave it to cool in the pan for a few minutes.

In a medium-sized bowl, stir together the flour, salt, and baking soda.

In another bowl, beat the brown sugar and melted butter together for about 2 minutes, until they're smooth. Add the eggs and vanilla and beat for about 5 minutes, until the mixture lightens in color. Mix the flour mixture with the brown sugar mixture, a third at a time, until it forms a dark brown, homogeneous mass. Add the chocolate chips and coconut and stir until just combined.

Place the dough in the fridge for 20 minutes.

Afterwards, scoop tablespoons of dough onto a lightly buttered cookie sheet, leaving large spaces between each cookie so they have space to spread out. I usually do about 6 cookies per sheet. Just before putting the cookies into the oven, sprinkle them with salt.

Let the cookies bake for 8 to 10 minutes. After you take them out of the oven, leave them on the sheet to set for 2 minutes, then move them to plates to cool further. Don't stack the cookies until they've cooled fully.

Continue the process until the dough is gone.

Store the finished cookies in an airtight container.

# Peach Coffee Cake

FOR TWELVE

This is adapted from the apple cake often served during Rosh Hashanah. It's simple and wonderful for dessert, with tea, or as a sweet breakfast. The juicy peaches add a ton of flavor to this simple cake. If you buy peaches in season, the cost can be quite reasonable.

6 peaches, pitted and cut into 8 slices each  
1 tsp cinnamon  
½ lemon, juiced  
2 cups all-purpose flour  
2 tsp baking powder  
½ lb unsalted butter (2 sticks), at room temperature  
1⅓ cups brown sugar  
⅛ tsp salt  
2 large eggs  
1 tsp vanilla

Turn your oven to 350 °F.

Using the paper wrapping from the butter, lightly butter an 8" x 11" glass baking dish or 9" springform pan. Any shape will do so long as it is large enough. This cake doubles in size when it bakes.

In a large bowl, mix the peach slices, lemon juice, and cinnamon together with your hands, making sure the peaches are well coated in cinnamon.

In a medium bowl, stir the flour with the baking powder, getting rid of any lumps.

In another large bowl, beat the butter, brown sugar, and salt, either with a wooden spoon or an electric mixer. Stop when the mixture is fluffy and has slightly lightened in color. Add the vanilla, then the eggs one at a time, fully mixing in the first before adding the second.

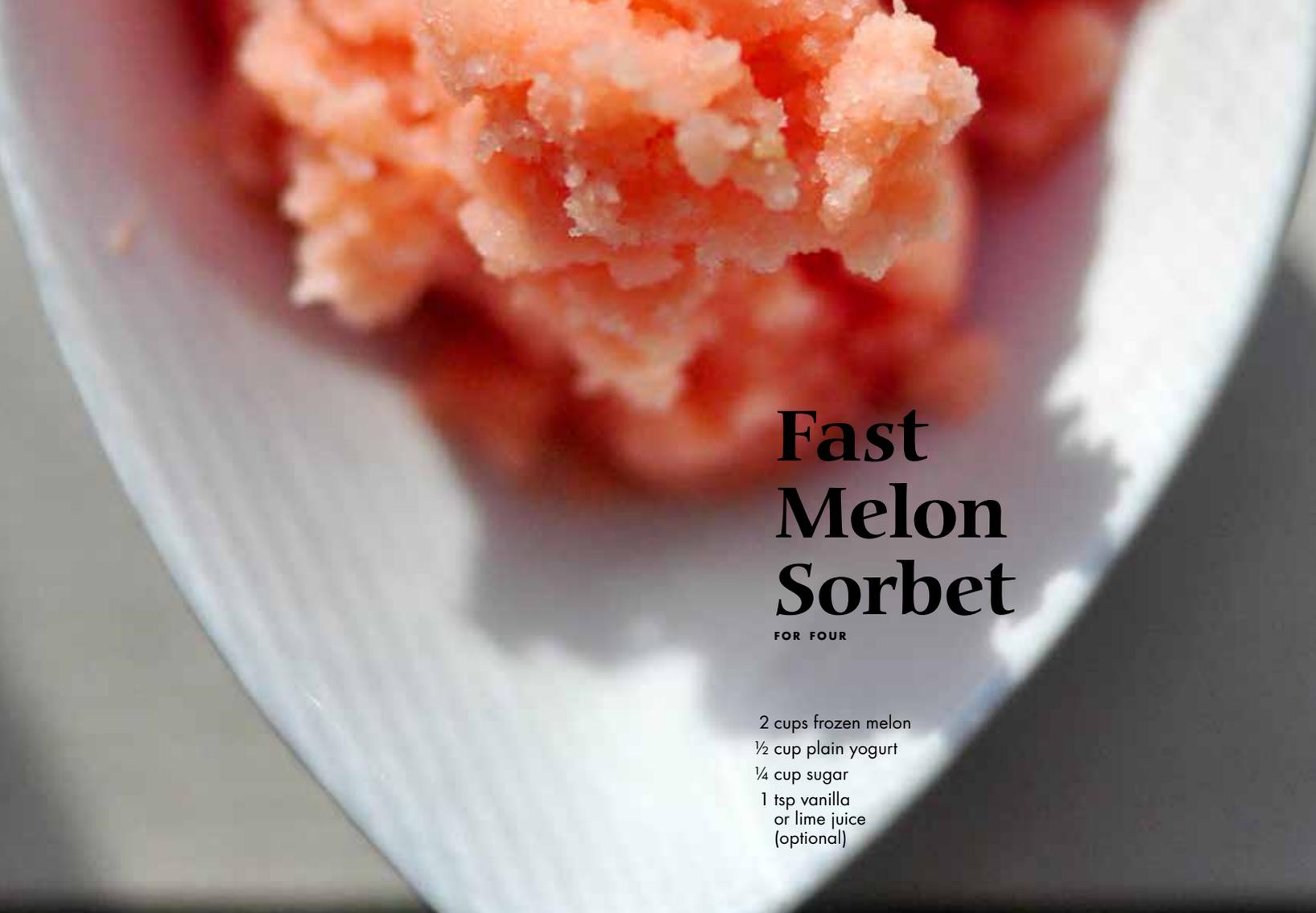
If using an electric mixer, switch to a wooden spoon and add the flour mixture into the butter mixture, gently incorporating it until it's smooth. The batter will be quite thick.

Spread half the batter over the bottom of the buttered pan. Evenly distribute 24 of the peach slices over top. (There should be 48 in total.) Spread the other half of the batter over the peaches, then top with the remaining peaches. Sprinkle with a tablespoon or so of sugar and place the cake in the oven.

Bake for 1 hour or until a knife inserted into the center comes out clean.

\$9 TOTAL  
\$0.75 / SERVING





## Fast Melon Sorbet

FOR FOUR

2 cups frozen melon  
½ cup plain yogurt  
¼ cup sugar  
1 tsp vanilla  
or lime juice  
(optional)

When you see lovely watermelons, honeydews, and cantaloupes on sale, buy them up. Eat half, then cube and freeze the other half. When you want a quick dessert or smoothie, pull out a bag of frozen melon and whip this up.

Add all the ingredients to a food processor or blender until just smooth. Don't blend too much, or the sorbet will become oversoft. Serve immediately or stick it into the freezer to enjoy later.

\$2.40 TOTAL  
\$0.60 / SERVING

## Avocado Milkshake

FOR TWO

John, the reader who introduced me to the silky magic of this milkshake, lives in California, where avocados are often less than a dollar. If you can find a similar deal, whip up a batch of these! If your avocado isn't quite ripe, a bit more lime juice will bring out the flavor.

1 avocado  
2 cups milk  
1 tsp vanilla  
1 tbsp lime juice  
1 pinch salt  
2 tbsp sugar

Toss all the ingredients in a blender and whizz them up! Let it go for a while because the avocados need to break down and blend with the milk. Once the liquid is Kermit the Frog green, it's ready. Taste it and add more sugar or lime juice as needed.

These shakes are even better if you use "coconut milk beverage," almond milk, or rice milk instead of regular milk. Each adds a little of its own flavor to the drink.



\$2.30 TOTAL  
\$1.15 / SERVING