

## Cassava Pone

**Serves:** 20

**Prep time:** 30 minutes

**Cook time:** 1 hour



½ serve per portion

### Ingredients

1 cup desiccated coconut

½ cup brown sugar

½ cup raisins

1 teaspoon ground cardamom

2 teaspoon allspice

½ cup coconut milk, reduced fat

1 cup milk, reduced fat

2 tablespoons margarine, softened

1 teaspoon vanilla essence

3 cups cassava, grated

1 cup pumpkin, grated

1 teaspoon fresh ginger, grated

### Method

**PREHEAT** oven to 180°C.

**COMBINE** dry ingredients (coconut, brown sugar, raisins, ground cardamom and allspice) in a large bowl.

**COMBINE** coconut milk, milk, margarine and vanilla essence in a small bowl.

**ADD** cassava, pumpkin and fresh ginger to dry ingredients. Stir until combined.

**ADD** coconut milk mixture to the vegetable and spice mixture. Stir until combined.

**POUR** mixture into a medium size, lined baking tray.

**BAKE** in oven for one hour or until golden and firm.



Discretionary Food

*Recipe courtesy of the Country Kitchens 2023 Country of Study Recipe Collection – Trinidad and Tobago*