

Caramelised banana

Serves 1

Calories: 181

Fat: 4.2g

Saturates: 2.7g

Carbs: 35g

of which sugars: 32g

Salt: 0.01g

Prep time: 5 minutes

Cooking times: 5 minutes

Ingredients:

- 1 ripe banana, peeled and sliced into 3, length ways
- 5g butter
- 1 1/2 tsp's Muscovado sugar

Instructions:

1. Heat a heavy based frying pan until hot.
2. Add the butter, allow to melt a start to foam slightly then add half the sugar stir gently and lay the bananas on top of the sugar and butter mix, then sprinkle over the remaining sugar.
3. Cook the bananas for 1-2 minutes on each side then serve straight away. Great with ice-cream or Greek Yogurt

Vegetarian and Gluten Free