

Banana recipes

Banana Smoothie - Serves 1

A quick fruit fix and a great start to the day if you make this for breakfast!

Preparation Time:- 5 minutes.

Ingredients:- 2 bananas, 6floz/175ml milk, 4 tbsp yoghurt, 1 tsp honey

Instructions:- Simply place everything in a blender and whiz until smooth! Could not be simpler!

Handy Hint: - You can also add a little oat bran for extra fibre and we sometimes even add fruit and fibre breakfast cereal and whiz that up too – very healthy! For those who want to watch the calories you can use skimmed milk and low fat yoghurt.

Fried rum bananas – Serves 4

Bananas are a very healthy food, although not particularly when you cook them this way. Still, every one has to have a treat now and again.

Preparation Time:- Approximately 2 minutes

Cooking Time:- Approximately 6-7 minutes.

Ingredients:- 4 bananas sliced at an angle into 1” long chunks. 4tbsp rum or brandy, 4tbsp double cream or crème fraiche, 2 tbsp muscovado sugar

Instructions:- Heat the butter in a large frying pan. When it is foaming, fry the bananas for approx 2 minutes, turn them over, pour in the rum and fry for 1-2 minutes more. Stir in the cream and sugar and warm through for 1 minute. Serve hot on warmed plate

Baked banana's and passion fruit

This is one of my favourites, mainly because it is quick and simple, it tastes great and it goes just as well as a mid week treat or a dinner party dessert. It's a great way to use up old banana's as the blacker the skin the sweeter the banana.

Preparation Time: - 5 minutes

Cooking Time: - 5-7 minutes

Ingredients: - 1 banana per person, 1 passion fruit per person, Juice of ½ an orange, 1 tbsp clear honey. Cream, crème fresh or vanilla ice cream to serve (optional).

Instructions: - Heat the oven to gas mark 4. Using kitchen foil, make a parcel big enough to hold 1 banana. Put the peeled banana in the foil parcel, cut the passion fruit in half and scoop out the fruit onto the banana. Squeeze in the orange juice and drizzle the honey over the top of it all. Seal the parcel and put in the oven. Serve hot in the parcel.

Handy Hint: - *As an adult option you can use a tsp of any brandy or fruit based liqueur.*

As a children's option why not add a good toffee caramel sauce such as Dulce de Leche.