

Baked bananas

Serves 4



Ingredients

4 bananas, peeled
2 tablespoons honey
Sprinkling of nuts and dried fruit
Sprinkle of cinnamon
Juice of half a lemon

Method

1. Preheat the oven to 200°C/400°F/gas 6.
2. Slice bananas lengthwise and put into a baking tray.
3. In another bowl combine lemon juice, honey, dried fruit, nuts and cinnamon.
4. Pour this mixture over bananas and bake until warm, about 10-15 minutes.
5. Serve with low fat natural yoghurt.