



Dessert

Plantanos

Ingredients for 10 servings:

- 10 Small bananas
- 5 Tbsp. Lemon juice
(to prevent browning)
- 5 Tbsp. honey
- Rum for drizzling
- Sliced almonds
- 7 Tbsp. Butter

Heat electric oven to 160 degrees Celsius. Peel bananas and slice lengthwise into halves. Dredge in lemon juice and brush with honey on cut sides, drizzle with rum and sprinkle with almonds. Dot with butter and back for about 15 minutes (electric and gas ovens: 160 degrees/level 2, convection oven 140 degrees).

Prep time: About 5 minutes

Cooking time: About 15 minutes

Per serving:

Joule/Calories: 1457/348

Protein: 2,3 g

Fat: 18 g

Carbohydrates: 38 g

Tip: Serve with caramel or vanilla sauce or ice cream.