



Recipe of the week

Baked Bananas

Ingredients

- 4 Bananas.
- 4 tbsp. water.
- 2 tbsp. maple syrup.
- ½ teaspoon mixed spice [for baking]
- Small handful of raisins

Step 1

Preheat oven to 200c / 400F / Gas 6.
Chop the bananas into 2.5cm [1in] chunks.

Step 2

Place in the baking dish and combine with remaining ingredients.

Step 3

Bake for 15 minutes. Serve with plain yoghurt, Greek yoghurt or fromage frais.