

Baked Bananas + Caramelised Nuts

Serves 4

4 Bananas
1 ½ tsp cinnamon
1 tsp ginger
2 tbsp maple syrup

Caramelised Walnuts:

1 cup walnuts, roasted
¼ cup coconut sugar
1 tsp cinnamon

To Serve:

Coconut yoghurt/ ice cream
Dark Chocolate

Method:

Preheat the grill to 200C. Line an oven tray with baking paper.

Trim the stalks of the bananas, then cut them in half lengthways. Arrange on a prepared oven tray, cut-side-up. Sprinkle over cinnamon and drizzle over maple syrup. Place under grill for 10-12 minutes until bananas are starting to bubble and turn golden brown.

For the walnuts, add the walnuts to a bowl along with the coconut sugar + cinnamon. Combine until the walnuts are evenly coated. Heat a pan over a medium pan. Add coconut oil and allow to melt then sauté the walnuts for ~5mins, until the coconut sugar begins to caramelize. Remove from the pan and allow to cool slightly. Store any leftovers in a jar.

To serve, place two grilled banana halves on a plate and scatter over caramelised walnuts. Serve with coconut yoghurt/ ice cream and roughly chopped dark chocolate.