



## Baked bananas

# Baked bananas

Just like Gran used to make. Revive an old favourite, it's a great comfort food for those cold winter nights.

## Ingredients

4 not too ripe bananas  
½ fresh squeezed orange  
2 tsp brown sugar  
½ Tbsp cinnamon  
Tinfoil  
2 Tbsp jam  
Plain yoghurt

## Directions:

Preheat the oven at 200°C.

Line the bananas along the base of a small oven proof dish. Mix the orange juice, brown sugar, and cinnamon. Pour the mixture over bananas. Cover the dish in tin foil and bake in the oven for 1 hour or until soft.

Remove the dish from the oven and remove the foil (be careful not to burn your hands as steam will rush out) and allow to cool for 2 minutes. Just before serving, place the jam in a microwave safe cup and heat for 30 seconds, or until runny. Portion the bananas into dessert bowls and serve with jam and yoghurt, or low fat ice cream if desired.