

Baked Bananas

The origin of this is lost in the mists of time before 1979. This is a popular and warming winter pudding in **England**¹. Serves 2, and can be scaled up to suit the number of people dining / teenage hunger level.

Ingredients

- 1 large or 2 small ripe **FAIRTRADE** bananas
- Several dobs of butter
- 25 ml **FAIRTRADE** demerara sugar
- 1 **FAIRTRADE** lemon

Method

Juice the lemon and discard the peel.

Peel the bananas and chop into 1 cm discs.

Put the chopped bananas into a baking dish and pour over the lemon juice.

Sprinkle with sugar and add a few dobs of butter (or margarine).

Bake in the oven at Gas Mark 6 for 12 to 15 minutes.

Delicious!

To serve

Serve hot with **custard**².

Variations

Bananas and Custard³

Chocco Bananas⁴

Jamaican Baked Bananas⁵

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²<http://www.fairtradecookbook.org.uk/recipes/custard.htm>

³http://www.fairtradecookbook.org.uk/recipes/bananas_and_custard.htm

⁴http://www.fairtradecookbook.org.uk/recipes/chocco_bananas.htm

⁵http://www.fairtradecookbook.org.uk/recipes/jamaican_baked_bananas.htm