

Bananas and Custard

A nice simple hot dessert dish from **UK**¹.

Serves 4.

Ingredients

6 ripe **FAIRTRADE** bananas

1 pint **FAIRTRADE** custard ²

1 small bar **FAIRTRADE** milk
chocolate

Method

Peel and chop the bananas into dessert sized pieces, and place in the dessert dish.

Pour the **FAIRTRADE** custard over the bananas.

(N.B. There is no such thing as **FAIRTRADE** custard, but you can make custard using **FAIR-TRADE** sugar).

Chop the chocolate into small pieces (or grate) and sprinkle over the custard.

Variations

Variation 1: In summer use Ice Cream instead of the custard (but still use the chocolate).

Variation 2: In winter use **baked bananas**³.

See also:

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/baked_bananas.htm

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

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