

# Bananas Foster

Serves four.

## Ingredients

- 4 chilled **FAIRTRADE** serving bowls
- 4 portions **FAIRTRADE** vanilla ice cream
- 1 **FAIRTRADE** lime
- 4 large **FAIRTRADE** bananas ripe
- 60 g butter
- 60 g **FAIRTRADE** caster sugar
- 2.5 ml **FAIRTRADE** ground cinnamon

## Method

Spoon the ice cream portions into the bowls ready for serving. Quarter the lime.

Quarter the bananas by slicing each banana across its width, then each piece down its length.

Melt the butter in a large non-stick frying pan and gently fry the bananas until they are nicely hot.

Sprinkle the sugar over the bananas and then the cinnamon, and allow the sugar to melt and mix.

Place four pieces of banana on top of the ice cream in each bowl plus a spoonful of buttery cinnamon.

Serve immediately with a quarter of lime for squeezing.

## Variation

A truly authentic Bananas Foster would be served flamb.