

Chocco Bananas

Baked bananas with chocolate inserts.

This is an **American**¹dish.

Serves 4.

Ingredients

- 1
- 4 large **FAIRTRADE** bananas
- 1 bar Darkly Divine **FAIRTRADE** chocolate
- a **FAIRTRADE** raw cane sugar sprinkling

Method

Preparation

Peel the bananas and slit them lengthwise for about three quarters of their length.

Break the chocolate into portions and then cut the portions lengthwise.

Insert chocolate pieces into the bananas lengthwise and gently close up the bananas.

Put some baking foil into an oven proof dish and lay the bananas on top.

Juice the lemon, and sprinkle lemon juice and sugar over the bananas.

Fold up the foil to seal the bananas.

Cooking

Bake in the oven at Gas Mark 6 for 20 minutes.

Assembly

Gently turn out into serving bowls.

To serve

Serve hot with cream, or **FAIRTRADE** ice cream.

Variations

Try the various different types of **FAIRTRADE** chocolate.

Bananas and Custard²

Baked Bananas³

Jamaican Baked Bananas⁴

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

²http://www.fairtradecookbook.org.uk/recipes/bananas_and_custard.htm

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

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