

## Baked Bananas with Coconut

Serves 10

Ingredients	
5 bananas	2 tbsp lemon juice
2 tbsp melted butter	50g flaked coconut

- **METHOD:**
- Peel banana and place in a well - greased baking dish
- Brush with butter, then drizzle with lemon juice and sprinkle with coconut
- Bake for 15 min or until bananas are tender.



- ✓ **COOK'S TIP – FOR PUREE DIETS, PREPARE EXTRA BANANA AND PEAR TO MAKE A PUREE**
- ✓ **FOR DAIRY FREE DIETS, OMIT BUTTER AND USE SOYA ALTERNATIVE**

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
100	0.9	5.2	12	10.8	0.1	0.3	5