

Bananas and Custard

Serves 10

Ingredients	
5 large (600g) bananas	500g custard made from Orgran custard powder & milk

- Method:
- In a saucepan gently heat the custard, do not boil.
- Peel and cut the bananas into slices.
- Serve approx. ½ banana with 1-2 tbsp custard



- ✓ COOK'S TIP: PREPARE EXTRA BANANA AND PEEL, CORE AND STEW APPLES TO MAKE A BANANA AND APPLE PUREE FOR WEANING DIETS
- ✓ FOR DAIRY FREE DIETS, USE SOYA MILK AND ORGRAN CUSTARD POWDER

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
116	2.7	2.4	22	2.9	0.09	0.2	73