

Semolina with Bananas & Sultanas

Serves 10

| Ingredients | |
|---------------------------|------------------------|
| 20g unsaturated margarine | 75g sultanas |
| 125g semolina | 1 large ripe banana |
| 75g sugar | 550 ml full cream milk |
| | |

- **METHOD:**
- Heat the butter in a non-stick frying pan and add the semolina.
- Fry on a low heat until it changes colour and has a toasty aroma, but be careful not to burn it.
- Add the sugar and stir until the mixture becomes syrupy.
- Peel and mash the banana and add to the semolina, along with the milk and sultanas.
- Simmer, stirring occasionally, until the mixture is cooked (approximately 10 minutes).



- ✓ **COOK'S TIP** – FOR PUREE DIETS, STEW APPLES TO MAKE A BANANA AND APPLE PUREE
- ✓ FOR DAIRY FREE DIETS USE SOYA MILK AND SOYA SPREAD
- ✓ FOR WHEAT FREE DIETS, USE SAGO INSTEAD OF SEMOLINA

Nutrition analysis per serving

| Energy (kcal) | Protein (g) | Fat (g) | Carbohydrate (g) | Sugar (g) | Salt (g) | Iron (mg) | Calcium (mg) |
|---------------|-------------|---------|------------------|-----------|----------|-----------|--------------|
| 155 | 3.5 | 4.1 | 28 | 18 | 0.1 | 0.4 | 73 |