

Vanilla and banana risotto

Serves 10

Ingredients	
1 litre milk	200g Arborio rice
1 vanilla pod split lengthways	400g peeled sliced banana
40g unsaturated spread	150ml apple juice

- **METHOD:**
- Place milk into a saucepan. Scrape seeds from bean into milk and add bean also.
- Heat milk but do not boil.
- Melt spread in a saucepan.
- Add rice, cook and stir, for 2 minutes until rice is coated.
- Add a little of the hot milk to rice and stir until the milk is absorbed.
- Continue to add the milk, a little at a time, stirring often, until the milk is absorbed and rice is tender and creamy.
- Place the sliced banana in a heatproof bowl.
- Bring the apple juice to the boil.
- Pour over fruit.
- Allow to soak for 10 minutes. Drain.
- Divide the warm risotto between serving dishes.
- Top with the banana and serve.



✓ FOR DAIRY FREE DIETS USE DAIRY FREE SPREAD AND SOYA MILK

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
78	2.4	2.3	11	3	0.1	0.3	98