

Bananas with salted caramel fudge sauce



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Preparation 10 mins | Cooking 8 mins | Serves 4

This salted caramel fudge sauce is also delicious served with stewed apples or pears.

Salted caramel fudge sauce

75g unsalted butter, chopped

½ cup brown sugar

¼ cup golden syrup

½ cup cream

1 tsp sea salt

To serve:

4 ripe Lady Finger bananas

¼ cup walnuts, toasted

STEP 1 To make salted caramel fudge sauce, combine butter, sugar, golden syrup and cream in a small heavy-based saucepan. Stir over medium heat until butter melts and mixture is smooth. Reduce heat to medium-low and simmer, stirring occasionally, for 4 minutes. Stir in salt. Remove from heat and cool for 20 minutes.

STEP 2 To serve, peel and slice bananas and arrange in serving glasses or bowls. Drizzle with warm salted caramel fudge sauce, sprinkle with walnuts and serve.

Good for you... BANANAS

A good source of vitamins B6 and folate. Vitamin B6 is needed for the body's nervous system and folate is important for making red blood cells. A source of antioxidant vitamins E and C (vitamin C also helps protect us against infection). A good source of dietary fibre and also provides potassium. The body needs potassium to balance sodium (from salt) and maintain healthy blood pressure.

