



BAKED BANANAS



INGREDIENTS

2 large bananas

1/2 teaspoon cinnamon

150ml plain **yogurt**

200g mixed summer berries

EQUIPMENT

chopping board, sharp knife, foil

SERVES: 2

PREP TIME: 15 minutes

ALLERGENS: milk

COOK TIME: 10-15 minutes

METHOD

- 1** Cut the bananas in half, sprinkle with cinnamon and then wrap in foil (remember to leave the skin of the banana on!).
- 2** Place the bananas on the fire for 10-12 minutes, turning occasionally, until cooked. Alternatively, bake in a pre-heated oven (200°C) for 10-15 minutes.
- 3** Once cooked, leave to cool for 4-5 minutes (as they will be very hot!), then serve with a selection of berries and a spoonful of yogurt.



BANANAS POB



CYNHWYSION

2 banana fawr

$\frac{1}{2}$ teaspoon cinnamon

150ml **iogwrt** plaen

200g aeron haf cymysg

OFFER

bwrdd torri, cyllell finiog, ffoil

DIGON I: 2

AMSER PARATOI: 15 munud

ALLERGEDD: Ilaeth

AMSER COGINIO: 10-15 munud

DULL

- 1** Torrwch y bananas yn eu hanner, taenellwch gyda sinamon a'u llapio mewn ffoil (cofiwch adael y crwyn arnynt).
- 2** Rhowch y bananas ar y tân am 10-12 munud a'u troi o byd i'w gilydd nes eu bod wedi coginio. Neu, fel arall, coginiwch mewn popty (200°C) am 10-15 munud.
- 3** Gadewch i oeri am 4-5 munud (gan y byddant yn boeth iawn!). Gweinwch gyda'r aeron a llwyaid o iogwrt.