

Caramelized Banana on Brioche Toast with Mascarponea

YIELD: 4 SERVINGS

INGREDIENTS:

- 4 slices of brioche bread (120g)
- 2 ripe bananas (250g)
- 30g butter
- 30g brown sugar
- 100g mascarpone cheese
- 2 tablespoons (30ml) maple syrup or other syrup
- Cinnamon and nutmeg to taste

Instructions:

1. Lightly toast the brioche slices.
2. In a skillet, melt the butter, add the sugar, and caramelize the sliced bananas.
3. Serve over the toasted brioche, add a spoonful of mascarpone, and drizzle with syrup.
4. Optional: sprinkle with cinnamon or nutmeg.

Nutritional information (approx. per serving):

320 kcal | 6g protein | 14g fat | 40g carbohydrates | 3g fiber

