

Flambéed Banana with Vanilla Ice Cream and Passion Fruit Sauce

YIELD: 4 SERVINGS

INGREDIENTS:

- 2 ripe but firm bananas (250g)
- 30g butter
- 40g sugar
- 30ml dark rum
- 100g passion fruit pulp
- 200g vanilla ice cream

Instructions:

1. Slice the bananas lengthwise.
2. In a skillet, melt the butter, add the sugar, and let it caramelize.
3. Add the bananas and cook for 2 minutes on each side.
4. Pour in the rum and carefully flambé.
5. Serve with vanilla ice cream and fresh passion fruit on top.

Nutritional information (approx. per serving):

280 kcal | 3g protein | 12g fat | 35g carbohydrates | 2g fiber

