

Banana Puffs

Ingredients:

- 4 small bananas
- 2 sheets puff pastry
- 1 egg
- ¼ cup milk
- ½ cup brown sugar
- ½ cup sultanas
- Vanilla yogurt
- 4 small passionfruit or 170g tinned
- ½ cup shredded coconut, slightly browned
- Oil spray

Directions:

1. Preheat oven to 200c.
2. Make eggwash by combining egg and milk.
3. Peel and halve bananas lengthways.
4. Place sultanas and then banana on pastry and cut around leaving a border.
5. Transfer pastry, with banana on top to a slightly oiled baking tray.
6. Brush pastry edges with the eggwash and sprinkle with brown sugar
7. Cook in the oven for about 15-20 minutes until caramelised.
8. Serve with passionfruit, shredded coconut and yogurt.



Why Bananas Are Good To Eat

- Athletes eat us because we're a good way to get the kind of good carbohydrates that power muscles
- We're also a good source of dietary fibre
- We're a rich source of potassium which helps keep your heart, nervous system and kidneys healthy
- We provide you with vitamin C
- We're a good source of vitamin B6. This vitamin is needed for the nervous system, for healthy skin and to produce energy in the body
- Contrary to popular belief, bananas we virtually no fat and it would be almost impossible to get fat on bananas. 100g banana has 380kJ.

