



Roasted banana

Ingredients (serves 1)

1 banana

10 g - 20 g cottage cheese
(optional, according to tolerance)

1 tsp honey (optional)

Method

1. Put the whole unpeeled banana in the oven and bake at 180°C for ten to twelve minutes until it turns black.

2. Reserve and let cool.

3. Cut in half lengthwise and serve with honey and cottage cheese on top.