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Banana, pecan nut treat topped with iced yoghurt

Serves: 4

Preparation time: 10 to 20 minutes depending on the amount (excluding refrigeration time).

Ingredients

Sucralose baking sweetener	4 tsp	4g
Water	2/3 cup	160ml
Fat free yoghurt, vanilla	2 cups	500ml
Vanilla essence	2 tsp	10ml
Canola oil	2 Tbs	30ml
Bananas	4 medium	360g
Ground cinnamon	½ tsp	3ml
Pecan nuts, unsalted	4 Tbs	60g

Cooking instructions

- Place the sucralose sweetener and measured water in a heavy-based saucepan and bring it to the boil. Boil for 10 to 15 minutes until the syrup has reduced by half.
- Remove from the heat and stir in the yoghurt and vanilla essence. Transfer to a freezer proof container and freeze for 3 hours.
- Remove the ice from the freezer and beat with a wooden spoon until slushy. Freeze for a further 4 hours, or overnight, until firm.
- Heat the oil in a large nonstick frying pan. Halve the bananas lengthwise, then cut each of the halves in half across its width. Sprinkle the bananas (cut side up), with the cinnamon and cook in the hot oil for 30 to 60 seconds on each side until golden. Remove from the pan using a slotted spoon.
- Pile the bananas onto serving plates in a lattice pattern and scatter with the pecan nuts.
- Serve with scoops of the vanilla yoghurt ice on top.