

Banana Parcels

vegetarian gluten-free nut-free

Serves: 4

5 minutes preparation + 10 minutes cooking

Ingredients

4 bananas, peeled and sliced in half length ways
Pulp of 1 large passionfruit
4 large strawberries
½ cup low-fat natural yoghurt
Rind of ½ orange

Preparation

1. Preheat barbecue (or preheat oven at 160°C).
2. Take 4 squares of aluminium foil and fold to make double thickness. Place banana in centre and sprinkle with half of passionfruit pulp.
3. Turn in the edges of foil to enclose banana.
4. Place on barbecue and cook for 5-8 minutes.
5. Remove to serving plate. Open up parcel, slice a strawberry on top of each parcel. Top with remaining passionfruit.
6. In the small bowl mix yoghurt and orange rind and serve with parcel.



NUTRITION INFORMATION

Serves in this recipe: 4

Serve size: 157 g

	Quantity per serve	Quantity per 100g
Energy	508.46 kJ	324.88 kJ
Protein	3.79 g	2.42 g
Fat	0.69 g	0.44 g
-saturated	0.36 g	0.23 g
Carbohydrate	23.39 g	14.95 g
-sugars	20.36 g	13.01 g
Fibre	3.26 g	2.09 g
Sodium	23.44 mg	14.97 mg

Recipe from: <http://www.gofor2and5.com.au/Recipes/Desserts/BananaParcels/tabid/166/Default.aspx>