

CALORIE CONTROL RECIPES

DESERTS

Bananas in jackets – serves 4

4 medium sized bananas

For the sauce, mix the following:

½ cup natural low-fat sweetened yoghurt

¼ tsp mixed spice

1 Tbsp freshly squeezed orange juice

1 tsp grated orange rind (only use organic variety)

Place the whole unpeeled bananas on a baking tray. Bake at 200 C for 12-15 minutes or until the banana skin is black and the flesh is soft. Cut in half lengthways. Serve unpeeled with sauce.