

Salted maple bananas

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Salted maple bananas

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A twist on the classic barbecue dessert, this one is spiked with that amazing salty-sweet combo with the introduction of tamari almonds (yum!) and a pinch of sea salt, complemented by sweet maple syrup.

Ingredients

- 4 medium bananas
- 1 block 85% dark chocolate
- $\frac{1}{3}$ cup tamari almonds
- 2 tbsp pure maple syrup
- 1 tbsp dried rose petals , to garnish
- Sea salt

Method

Lay the bananas on a tray and score with a knife, cutting $\frac{3}{4}$ of the way through the flesh. Stuff the cavity with squares of chocolate and then wrap the bananas individually in foil. Add to a hot grill for 8 to 10 minutes until the chocolate has melted, then remove. Top with chopped tamari almonds, maple syrup and sea salt, then garnish with rose petals.

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Recipe by Sally O'Neil aka The Fit Foodie.

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