



Bananas a La Liffey

Provided by Senator Bob Brown MP – Leader of the Greens Party



Ingredients:

Bananas

Crème:

Cream

Nutmeg

Brown Sugar

Method

Over the hot coals (or grill), place one large banana per person.

Leave for about 20 minutes, remove after skins have split and blackened.

Skin the bananas and place on a dainty dish.

Crème

Add nutmeg and brown sugar to cream to taste; whip.

Add crème to bananas. Eat.