

Recipe

BANANA-NUT-BAKE



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with Californian Walnuts

Recipe: CALIFORNIA WALNUT COMMISSION

INGREDIENTS

100 g raisins, washed
100 g Californian walnuts, chopped
5 tbsp pine nuts
8 tbsp honey
8 tbsp rum
6 bananas
Juice of 1 lemon
60 g butter
3 egg whites
150 g icing sugar



TIME

Preparation time: 15 minutes
Baking time: 15 minutes



SERVING

6 people



CATEGORY

Dessert



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STEP 1 Heat the washed raisins, walnuts, pine nuts and honey in a saucepan. Spread the mixture into a casserole dish and drizzle with rum.

STEP 2 Slice the banana, drizzle with lemon juice and shortly fry it off. Then layer the banana into the casserole dish.

STEP 3 Beat the egg whites with the icing sugar. Transfer the beaten egg whites into a piping bag and pipe small blobs onto the bananas.

STEP 4 Bake for around 15 minutes at 220°C. Dust with icing sugar and enjoy.

ROUGH NUTRITIONAL FACTS PER SERVING:

Energy 596 kcal

Protein 9,91 g

Carbohydrates 63,6 g

Fat 28,8 g

Of which

saturated fats 7,89 g

unsaturated fats 20,9 g