

## **Jamaican Banana Surprise**

### **Ingredients**

1 medium sized banana halved lengthwise - count as 1 exchange

20g of unsalted butter

1 tablespoon of dark muscavado sugar

2 tablespoons of dark rum (e.g. Old Jamaica Rum)

$\frac{1}{8}$  teaspoon ground nutmeg (optional)

$\frac{1}{8}$  teaspoon cinnamon (optional)

### **Method**

1. Melt the butter in an 8 inch pan over a moderate heat (not too hot) until it starts to foam.
2. Add the sugar and stir to dissolve (note: if the pan is too hot the butter and sugar will separate instead of combining to form a sauce).
3. Add the banana cut-side down and cook for 1 minute.
4. Pour the Rum over the banana and then spoon the sauce over each banana half. Leave on the heat for  $\frac{1}{2}$  minute.
5. Place the banana in a bowl and pour the sauce over it – leave to cool for a short while as the sauce can be very hot.