

The Five Minute Wonder Fried Bananas

You'll need:

- 4 bananas, thinly sliced
- 4 tsp butter or margarine
- 4 tbsp golden syrup
- 4 tbsp rum
- Optional: 4 rings of fresh pineapple, cored and chopped

Method:

Melt the butter in a frying pan on a very low heat; add the fruit and fry on both sides for three minutes; add the golden syrup and the rum and keep cooking till thick – another 2 minutes or so.

Serve with thick cream, ice cream or yoghurt.