

## ARCHIVED RECIPES

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**BANANAS-ON-TOAST****Ingredients:**

- 2 slices Gardenia High Fibre White Bread
- 1/2 banana, thinly sliced
- 3 pieces pitted prunes, chopped
- 1 tbsp dried cranberries
- 1 tbsp chopped nuts
- 1 tsp maple syrup [OR honey]

**Cooking Method:**

1. Place sliced banana on Gardenia High Fibre White Bread.
2. Garnish with chopped prunes, cranberries and nuts.
3. Drizzle with maple syrup [OR honey].
4. Toast in the toaster oven until bananas are just soft, and serve immediately.

