



Banana Rhumba

Serves 6

Makes 12
Preparation time 10 minutes
Cooking time 5 minutes

Ingredients

6 Fairtrade bananas cut in half lengthways
Half a Fairtrade lemon, zest and juice
2 tbsp Fairtrade Tropical Forest honey
1–2 tbsp Fairtrade white rum (or more, to taste)
10g (1/3 oz) Fairtrade caster sugar
300ml (10fl oz) double cream
3 Fairtrade stem ginger cookies, crumbled
Fairtrade ground cinnamon, to dust

Method

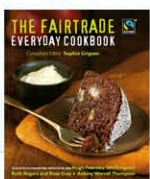
Preheat the oven to 180°C/350°F/Gas Mark 4.

Place the bananas on a non-stick baking tray, drizzle with lemon juice and honey, and bake for 5 minutes until warmed.

Stir the rum and the sugar together.

Pour into a large bowl with the cream and whisk with an electric beater to soft peaks.

Place two pieces of banana in each bowl, top with dollops of cream and crumbled cookies. Sprinkle with a pinch of cinnamon and serve immediately.



About the recipes

Published to coincide with Fairtrade Fortnight (25th Feb – 9th March), DK's Fairtrade Everyday Cookbook contains 100 mouth-watering recipes using Fairtrade ingredients: from One Pot Chicken to Secret Soup, Simple Mango Sorbet to White Chocolate Cakes. The recipes are a combination of prize-winners from a nationwide competition and delicious dishes from top cooks and celebrities including Hugh Fearnley-Whittingstall, Joanne Harris, Steve Redgrave and Ruth Roger. For every copy sold a portion of the cover price will be donated to Fairtrade. Buy it now from www.dk.com/fairtrade RRP £16.99.