

This is a wonderful syrup that taste great with pancakes or you waffles. Really quick to make and it taste good served warm.



Bananas in Syrup

- 1 cup sugar
- 2 tbs. water

- 8 firm bananas
- 1 ½ cups coconut cream
- 1/8 tsp. salt

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Cook the sugar and water over low heat until syrupy. Peel the bananas and arrange in a deep skillet. Pour the syrup over them; bring to a boil. Add the coconut cream mixed with the salt; cook over medium heat until cream is absorbed, turning the bananas frequently.

Gourmet Cookie Bouquets.com

One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

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