

Banana Strudel

Serves: 4

Prep: 15 mins

Cooking: 10 mins

Ingredients

- 2 Bananas
- 1 Tbsp Liquid Honey
- 25g toasted & chopped pine nuts
- 25g sultanas
- Zest & juice of a lemon
- 2 Filo sheets
- Olive oil

MJ Nutrition

Exchanges per serve



1.0 1.0 0.5

Nutrients per serve

632kJ (141cals), 2.6g Protein
 4.6g Fat, 0.3g Saturated Fat,
 25g Carbs, 19.2g Sugars, 1.9g Fibre,
 54mg Sodium

Method

1. Quickly & lightly chop the banana.
2. Add honey, pine nuts, sultanas, lemon zest & juice.
3. Lightly brush filo sheet with oil, add the second sheet of filo.
4. Add the banana mixture over a third of pastry & rollup.
5. Bake at 190 degrees until golden.
6. Slice into bite size pieces and serve.



Source: Alan Brown at 'Nutrient Rich Fitness'

Date: 29 March 2011