



The Ethnic Communities' Council  
Love Food Hate Waste project celebrates  
the diversity of food and cultures in NSW

## Bananas with Milk Dessert

*When bananas are overripe (usually no one likes to eat them like that) you can use them to make a dessert of bananas with milk:*

### INGREDIENTS

1 banana  
½ cup of milk  
1 teaspoon butter  
½ -1 teaspoon sugar

### PREPARATION

Cut the banana into long thick pieces and place in a pan with ½ cup milk, 1 teaspoon butter and ½ to 1 teaspoon sugar.

Bring to the boil over medium heat for around 5 minutes or until all ingredients are combined. Gently stir once to avoid breaking up the banana pieces, then it's ready to enjoy!

Eat the dessert while still warm.

*Recipe shared by Angela, from Colombia.*

