

# Banana Parcels

Food Foundations

OSHC



**Serves:** 5

**Prep Time:** 10 minutes

**Cook Time:** 5 minutes

## Ingredients

- 5 bananas, peeled, sliced in half
- 2 passionfruit, sliced open
- ½ cups of blueberries
- ½ cups of Greek yoghurt
- 5 strawberries, sliced
- 2 tbsp of mint, sliced finely

## Method

1. Preheat oven to 180°C or grill to medium heat
2. Use 2 squares of aluminium foil and fold so they are double the thickness – make five of these
3. Place each banana in the centre of a piece of foil and sprinkle with 1 tbsp passionfruit pulp
4. Turn edges of the foil to create a banana parcel (like a boat shape)
5. Place under the grill or in the oven and cook for 5 minutes
6. In a small bowl, smash the blueberries and stir through the yoghurt and mint
7. Open up banana parcel and place a sliced strawberry on each serve
8. Drizzle over any remaining passionfruit and two tablespoons of the blueberry yoghurt mixture for each serve.

### Recipe Notes:

This is a fun twist on the usual fruit salad. You can cook the banana for longer if desired. Flavour the yoghurt with some ground cinnamon or vanilla for a different flavour.

Food Group	Serves provided per portion
Vegetables	0
Fruit	1
Grain foods	0
Lean meat and alternatives	0
Milk, yoghurt and cheese	0.1