

## COMBINING RIGHT RECIPES

### DESSERT

#### Carbohydrate

#### **Mascarpone Banana Crème – serves 2 (carbohydrate)**

2 small ripe bananas  
125 g Mascarpone  
30 g whole wheat biscuits  
2 cl white rum  
2 Tbsp maple syrup  
fresh mint leaves for garnish

Peel one banana and squash with a fork. Mix with Mascarpone. Cut the second banana in small slices. Crush biscuits and with half the crumbs, line the bottom of 2 dessert glasses. Sprinkle with rum and maple syrup. Add half of the mascarpone mix and smooth surface. Keep 4 banana slices for garnish, and place the rest of the slices on top of the mascarpone mix. Layer with the remaining biscuit crumbs and sprinkle again with rum and maple syrup. Cover with the remaining mascarpone crème and refrigerate for 30 minutes before serving. Garnish with banana slices and mint leaves and serve.