

Banantrifli

Quantity: 4 Pers.

Menu: Cold Dessert

Ingredients:

Filling:

50 g. Macaroons

2 cl. cognac

fruit:

2-3 bananas

1 tbsp. lemon juice

1 dl. Strawberry jam with almonds

Garnish:

1/4 liter whipping cream whipped to a froth

2 dl. Organic 18% Creme Fraise

1 tsp. vanilla Sugar

50 g. Split roasted almonds

How to do it:

The macros easily crushed and soaked with Cognac.

They washed, shelled bananas sliced and placed on half of the macros. They sprinkle with lemon juice and cover with the rest of the macros. Strawberry jam with almonds poured over.

The dessert decorated with whipped cream turned in cream Fraise flavored with vanilla sugar.

Sprinkle with the toasted almonds.

