



## Grilled Banana Split with Simple Chocolate Sauce

- 4 ripe bananas
  - 8 large strawberries
  - 1/4 cup orange juice
  - 2 teaspoon unbleached cane sugar
  - 1/2 teaspoon ground cinnamon
  - good quality vanilla ice cream
  - real chocolate sauce (to make your own, see below)
  - 1/2 cup chopped nuts
  - real whipped cream (optional)
- Simple Chocolate Sauce**
- 4 tablespoons unbleached cane sugar
  - 4 tablespoons cocoa powder
  - 1 cup water
  - 2 tablespoons butter (optional)
  - 1/2 teaspoon real vanilla extract

Prepare the sauce:

Combine the sugar and cocoa powder in a small saucepan.

Blend with a little of the water until smooth, then stir in the remainder of the water. Bring the mixture to boil, reduce heat and then continue to simmer for five minutes to reduce and thicken slightly.

Remove from heat, stir in butter until melted.

Stir in vanilla and serve.

Prepare the Banana Split:

Leaving skin on, wash bananas thoroughly, then cut in half crosswise and then again lengthwise, ending up with four pieces from each banana.

Cut strawberries in half to make two pieces from each.

Whisk together orange juice, cane sugar and cinnamon in a large bowl.

Add bananas and strawberries and toss gently to coat.

Let marinate for at least 15 minutes or up to 3 hours.

Grill bananas and strawberries cut-side down over medium-low heat about 2 or 3 minutes.

Remove strawberries and set aside.

Turn bananas over and continue cooking skin side down about 5 more minutes or until the skin pulls away from the banana.

Remove skins from bananas and place 4 pieces into each serving bowl.

Top with ice cream, then sauce, then whipped cream.

Place 4 pieces of grilled strawberry on top.

Garnish with chopped nuts.

Serves 4