



**GRILLED
BANANAS WITH
PEANUT BUTTER
& SMOKED
SALT**

Ingredients

Sunflower oil
Bananas, cut in
half lengthwise
Peanut butter
Smoked salt
Allspice

Directions

1. Oil the grill, and place the halved bananas cut side down, over the flames.
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2. As the bananas cook, the skin around the edges will start to darken.
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3. When a banana has gotten some nice browning on the fire-facing side, flip it so that the skin side is on the grate, and cook a few more minutes.
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4. Remove the bananas from the heat, and smear with a thin layer of peanut butter. Sprinkle on the smoked salt and allspice.
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5. If you wish, you can mix honey and rum to make an excellent drizzle, but if you're trying to avoid extra sugar, the bananas are pretty sweet on their own.

**BROWNING
BANANAS
MAKES THEM
TASTE ALMOST
LIKE CANDY.
IF YOU WANT
A CAMPFIRE
DESSERT
THAT'S JUST
A LITTLE BIT
HEALTHIER
THAN A S'MORE,
THIS MIGHT
BE IT!**