BANANA, DRIED SOUR CHERRIES, AND CASHEW BUTTER ON RICE CAKE

YIELD: 1 Serving | SKILL LEVEL: Easy

INGREDIENTS:

1 BANANA

1 TEASPOON BROWN SUGAR

1/4 TEASPOON CINNAMON

1 TABLESPOON Sour CHERRIES

1 TABLESPOON WATER

2 TABLESPOONS CASHEW BUTTER

1 SLICE BROWN RICE CAKE (Organic)

PROCEDURE:

1. With a small sharp knife, cut a slit in banana skin lengthwise about 4 inches to release steam.
2. Place banana on a microwave safe plate. Cook for 20 seconds.
3. Carefully peel banana and slice lengthwise in half. Cut each half straight down to make four banana pieces in total.
4. Place banana slices cut side up. The thicker part of the banana should be closest to the edge of dish.
5. Sprinkle banana pieces with brown sugar and cinnamon. Reserve.
6. Place sour cherries in small microwave safe bowl. Measure out water and cover dish with microwave safe wrap.
7. Place dish in microwave and cook for 20 seconds. Carefully remove cover. Pour remaining cherry liquid onto plate containing bananas. Reserve plump, sour cherries.
8. Cover plate with bananas with microwave safe wrap. Cook for 20-40 seconds. Let stand for a minute or two.
9. Spread cashew butter onto rice cake until completely covered. (Substitute toasted whole wheat bread and/or nut butter of your choice, optional).
10. Sprinkle on sour cherries.
11. Place cooked bananas on top.

These recipes were tested with a 1000-watt microwave. Cooking times will vary according to microwave wattage and cooking containers utilized. Please be sure to carefully observe the dishes while they are cooking in the microwave oven for overflow.