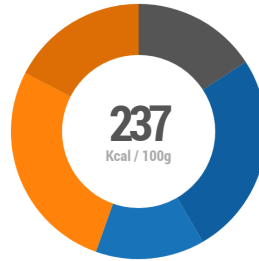
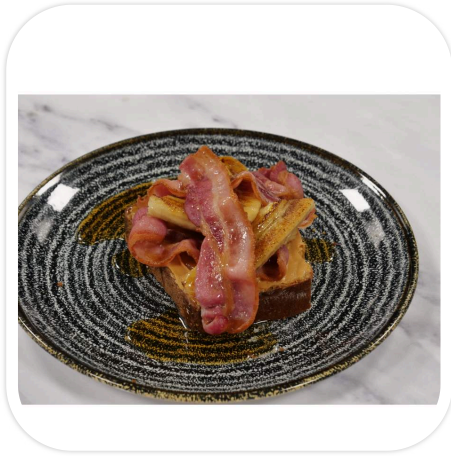


# BBQ smoked bacon & banana sandwich (website)

OVERVIEW ...



CALORIES:

**39.6% Carbs**

**15.8% Protein**

**44.6% Fat**

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT

PEANUTS

EGGS

MILK

MAY CONTAIN:



HAZELNUTS,  
PECANS,  
ALMONDS,  
CASHEWS,  
WALNUTS,  
BRAZIL NUTS,  
PISTACHIOS,  
MACADAMIAS

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

10354 Bananas.. - BRAKES

10354 BANANAS FRESH DIRECT

**BRAKES** **75g**

**0.05 x Each**

*unchanged*

149595 The Jolly Hog Oak & Beech Smoked Dry Cure Double Streaky B...

OAK & BEECH SMOKED DRY CURE DOUBLE STREAKY BACON

**BRAKES** **30g**

*unchanged*

103217 Routhiau Brioche French Toast..

FRENCH TOAST

**BRAKES** **85g**

*unchanged*

136321 Sun-Pat Smooth Peanut Butter..

SMOOTH PEANUT BUTTER

**BRAKES** **15g**

*unchanged*

100535 Brakes Pure Canadian Maple Syrup..

PUREADIAN MAPLE SYRUP

**BRAKES** **10g**

**0.02 x Each**

*N/A*

PRODUCTS / PACK SIZES ...

## 1 Serving



🕒 215g / 513kcal

# 1.0

### COOKING INSTRUCTIONS & NOTES

#### METHOD

##### Preparation:

Defrost the bread  
Slice the banana

##### Method:

1. Cook the bacon on a hot chargrill until crisp and slightly charred.
2. In a pan over a medium heat fry the banana until caramelised.
3. Gently grill or warm the bread and place onto a suitable dish.
4. Spread with peanut butter.
5. Build the banana and bacon onto the bread to create a small stack.
6. Drizzle thoroughly with the maple syrup - serve!