

Rum Soaked Bananas

Swick

Makes 2 cups | Active Time: 45 minutes | Total Time: 45 minutes

Step 1: Preparing the Bananas

- 2 cups bananas, sliced
- 1/2 cup spiced rum
- 1/2 cup agave syrup (substitute yacon, honey or maple syrup)
- 1/2 tbsp vanilla extract
- sea salt, to taste

Combine the bananas, rum and agave in a medium bowl. Add the vanilla and salt and toss to blend. Transfer to the refrigerator and allow to chill for at least 15 minutes or overnight so all flavors marry.

Serve with any chocolate recipe or your favorite vegan ice cream.