

## **Baked Banana**

- 1 very ripe banana, peeled
- 1/4 - 1/2 c yogurt

Place the banana in the microwave on a plate. Cover it with a splatter guard or loosely with a paper towel. Cook for 1 1/2 to 2 minutes, until deflated. Carefully remove from the microwave using an oven mitt.

Serve hot, bathed in its own juices, for dessert or as a snack, with your preferred yogurt.

**Jittery Cook**