

# Day Nine: Breakfast

## Fried cinnamon bananas with Belgian waffles and maple syrup

*Easy Peezy Maple Squeezy. A ten-minute breakfast: I actually buy Belgian waffles from a shop, add a little icing sugar to them and toast them.*

### CINNAMON BANANAS

1 banana per serving, peeled and sliced lengthways into halves

Cinnamon powder

Brown sugar

A scant amount of butter

1 strawberry per serving

Heat the butter in a non-stick frying pan, then add the bananas with a sprinkling of brown sugar and a sprinkling of cinnamon. Brown each side of the bananas and, when they have softened (just a little bit), serve on a hot waffle with some whipped cream and a strawberry.

