

Pan Fried Cinnamon Bananas

Serves: 2

Modified from: myrecipes.com

Items Needed: skillet, cutting board, knife, measuring spoons

Ingredients:

- 2 ripe (but firm) bananas
- 2 tbsp sugar
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1-2 tsp olive oil, for greasing the skillet

Directions:

1. Slice bananas into rounds, approximately 1/3" thick.
2. Combine sugar, cinnamon and nutmeg in a small bowl. Set aside.
3. Lightly grease a large skillet with olive oil and warm over medium heat.
4. Once the skillet is hot, add the banana rounds and cook for 2-3 minutes without flipping over.
5. During the last minute sprinkle about half of the cinnamon mixture over bananas.
6. Flip over and sprinkle with another half of the cinnamon mixture, and cook about 2-3 additional minutes.
7. Serve immediately. Can be eaten as is or served on top of yogurt, oatmeal, graham crackers and peanut butter...be creative! Use only 1/4 of the recipe if used as a topping

Nutrition Information (per 1/2 of recipe):

Calories: 180 Fat: 2 g Carbs: 38 g Protein: 1 g Fiber: 3 g **Sodium:** 2 mg

With 1/2 c low sugar, non-fat greek yogurt (like triple zero): adds 75 calories, 10g carbs, 10g protein, 50mg sodium

With 1 graham cracker square + 1 TB peanut butter: adds 150 calories, 15g carbs, 8g fat, 6g protein, 130mg sodium