



Caramelized Bananas

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 2 servings | Serving Size: 4 banana quarters with half the sauce

Ingredients

2 bananas, halved crosswise then split lengthwise into quarters

½ tablespoon unsalted butter

1 tablespoon honey or brown sugar

½-1 teaspoon ground cinnamon, to taste

Directions

1. Heat butter in a nonstick skillet over medium-high heat, swirling to coat the bottom of the pan.
2. Add honey or brown sugar and cinnamon. Stir to combine with the butter.
3. Add the bananas and cook, gently flipping every 1-2 minutes until they are softened and coated with the butter-sugar mixture, about 4-5 minutes in total.
4. Serve warm.

Recipe Notes

- Use firm but ripe bananas. Overripe bananas may turn to mush when cooking over heat.

Nutrition Facts Per Serving: Calories: 150 | Total Fat: 3.5 g | Saturated Fat: 2 g
Sodium: 25 mg | Total Carbohydrate: 32 g | Dietary Fiber: 3.5 g | Protein: 1.5 g

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