



Warm Sugar and Spice Bananas

Serves 4 (about ½-cup each)

3 large bananas, sliced

1 Tbsp. packed brown sugar

1 tsp. vanilla extract

¼ tsp ground cinnamon

1 Tbsp. butter

In a medium microwave safe bowl, layer bananas then top with remaining ingredients. Cover bowl and microwave on high for 1 minute. Stir, then microwave one minute more, or until sugar is melted. Place bananas in single serve bowls and serve warm.

*Enjoy with a scoop of frozen yogurt or as a topping over pancakes or waffles

Per serving: 130 Calories, 3 g fat, 1 g protein, 27 g carbohydrate, 3 g fiber, 25 mg sodium