



## PAN-FRIED CINNAMON BANANAS

**SERVES: 4** (½ banana each) Prep Time: 10 min. Cooking Time: 9 min.

CONTAINER EQUIVALENTS (per serving): 1 ½

*Here's a fast and fun way to throw together a quick dessert! The richness of ghee matches perfectly with caramelized honey and banana. This dish will have you feeling like a pastry chef in just 10 minutes!*

- 2 tsp.** ghee (organic grass-fed, if possible)
- ½ tsp.** ground cinnamon
- 1 Tbsp. + 1 tsp.** raw honey
- 1 pinch** sea salt (or Himalayan salt)
- 2** large just-ripe bananas, cut into 1-inch rounds

- 1.** Place ghee, cinnamon, honey, and salt in medium nonstick skillet; cook, over medium-high heat, stirring frequently, for 2 to 3 minutes, or until mixture is melted and well mixed.
- 2.** Add banana; cook for approx. 3 minutes on each side, or until each side has caramelized to a deep brown. Enjoy!

### RECIPE NOTE:

You can substitute pure maple syrup for honey to make this recipe vegan.

### SERVING SUGGESTION:

Bananas can be eaten by themselves, or make a great topping for your morning oatmeal or yogurt!

**NUTRITIONAL INFORMATION (per serving):** Calories: 101 Total Fat: 3 g Saturated Fat: 2 g Cholesterol: 6 mg Sodium: 36 mg Carbohydrates: 21 g Fiber: 1 g Sugars: 14 g Protein: 1 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.