

Fried Honey Bananas

#cooking/recipe

#2019/November

#cooking/dessert

Fried Honey Bananas

Ingredients

1 tablespoon coconut oil (olive oil works too!)

1 slightly under-ripened banana

1 tablespoon honey

1 tablespoon water

1 teaspoon cinnamon

Process

Heat oil in a skillet over medium heat. Slice banana into about 1/4 inch thick slices.

Fry bananas for 2 minutes on each side, occasionally lifting to prevent sticking.

Whisk together honey and water. Remove pan from heat and pour honey and water over bananas.

Top with cinnamon.

Nutrition

Servings: 1

Calories:

Fat:

Carbs:

Protein: