

Fried Honey Bananas

#cooking/recipe

#2019/November

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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: