

MAKE A GREAT PLATE.

Go bananas for this fruit dish.

Easy Sautéed Cinnamon Bananas

INGREDIENTS

2 tsp **sugar**

1 tsp **cinnamon**

pinch **nutmeg**

1 tbsp **unsalted butter**

2 **bananas**, sliced into rounds

2 tbsp slivered **almonds**, toasted



DIRECTIONS

In a small bowl, combine sugar, cinnamon and nutmeg. **Set** aside. **Melt** butter in a large skillet set over medium heat. **Once** sizzling, add bananas and sprinkle with half of the sugar-spice mixture. **Cook** 2-3 minutes, flip bananas and sprinkle with remaining sugar-spice mixture. **Cook** about 1-2 minutes more, until the bananas are soft.

Serve topped with almonds.

Makes 4 servings. Each: 150 calories • 3g protein • 9g total fat • 18g carb • 11g sugar • 3g fiber • 1mg sodium