

Sautéed Cinnamon Bananas

- 2 tsp sugar
- 1 tsp cinnamon
- pinch nutmeg
- 1 tbsp unsalted butter
- 2 bananas, sliced into rounds
- 2 tbsp slivered almonds, toasted

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