

Pan Fried Bananas Foster

Chef Vanessa of *Balanced Body*

RECIPE MAKES: 8 SERVINGS

INGREDIENTS

- ✓ 2 bananas, cut into ½ inch pieces
- ✓ 1 tsp cinnamon
- ✓ 2 Tbsp. Earth Balance Butter Spread
- ✓ 2 Tbsp. light brown sugar
- ✓ 2 Tbsp. dark rum

NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	(39g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 110mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PREPARATION

1. Combine the cinnamon, butter and sugar in a frying pan over medium-high heat until melted and combined.
2. Add the banana slices and cook for 4 minutes until the bottoms start to caramelize and turn golden brown. Adjust the temperature and cooking time as needed so that they don't burn.
3. Flip all the banana pieces and cook for another 4 minutes until the other side is golden brown.
4. Deglaze Pan with Rum until alcohol is evaporated
5. Serve immediately over your favorite bread, granola or by itself!

Healthy Options

