

## Caramelized Bananas

Preparation time **5 minutes**

Cooking time **10 minutes**

Servings **4**

Cost per serving **50¢**

Storage **Serve immediately, before they lose their lovely appearance.**

Kitchen tools **Measuring cups and spoons, cutting board, sharp knife, frying pan, small bowl, spoon, spatula (or fork)**



## Ingredients



4 **bananas**



10 ml (2 tsp) **butter**  
or non-hydrogenated  
margarine



60 ml (¼ cup)  
**brown sugar**

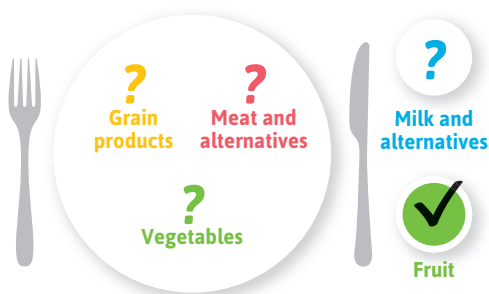


5 ml (1 tsp)  
**vanilla**



15 ml (1 tbsp)  
**water**

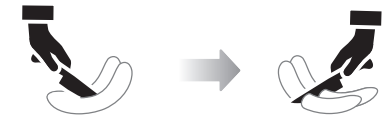



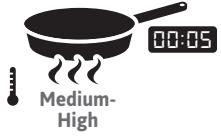

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### Balanced plate

Delicious served with yogurt or chocolate pudding

# Directions

1	Cut each <b>banana</b> into two sections and then in half lengthwise (4 pieces for each banana).	
2	In a small bowl, melt the <b>butter</b> in the microwave for 10-15 seconds.	
3	Add <b>brown sugar</b> and <b>vanilla</b> . Mix.	
4	Place the <b>bananas</b> and the <b>brown sugar mixture</b> in a frying pan. Toss the bananas to coat with the brown sugar mixture.	
5	Heat the frying pan over medium-high heat for about 5 minutes, or until the bananas are warmed through and lightly browned.	
6	Add the <b>water</b> to dilute the brown sugar mixture a little. Reheat for 1 minute and serve immediately.	

My rating: ★ ★ ★

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This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition