

Cinnamon “Fried” Bananas

Makes about 4 servings Recipe Courtesy of Chop Chop Family

INGREDIENTS

- 1 Tablespoon butter or oil
- 1 Tablespoon honey or maple syrup
- 1/2 teaspoon ground cinnamon
- 2 just-ripe bananas, peeled and sliced

INSTRUCTIONS

1. Put the butter, honey, and cinnamon in the skillet and turn to medium heat. When the butter has melted, mix well.
2. Add the banana slices and cook until they are golden, about 3 minutes. Flip the slices over and cook until the other side is golden brown, about 2 minutes,.
3. Transfer to a plate and serve right away.

