



Healthy Eating & Weight Loss

Cooked Glazed Bananas

- 1 tbsp butter
- 1/4 cup brown sugar
- 1/2 tsp cinnamon
- 1/2 cup orange juice
- 4 ripe bananas, peeled and cut diagonally 1/2 inch thick

Heat butter and brown sugar and cinnamon in a nonstick skillet until the sugar dissolves, but do not boil. Add the orange juice and mix well. Add the bananas and cook, turning once or twice until the bananas are soft.

Serve the bananas with the glaze on top. Makes 4 servings.

202 calories per serving

Be sure to visit us for more great recipes!!

<http://www.douglasvilleweightloss.com>