



Cuban-Style Baked Bananas

Servings 6 | Prep time 10 mins. | Total time 40 mins.

Equipment:

9x13-inch baking dish or sheet

Utensils:

Knife

Measuring cups and spoons

Ingredients

Non-stick spray

6 bananas, sliced lengthwise

4 tablespoons brown sugar

3 tablespoons margarine, in small slices

1/2 cup raisins OR other dried fruit, chopped

1/3 cup pecans, chopped (optional)

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Lightly spray a 9x13-inch baking dish or sheet with non-stick spray.
3. Arrange the split bananas in the prepared baking dish or sheet.
4. Top evenly with brown sugar, small pieces of margarine, raisins, and pecans, if using.
5. Bake at 350 degrees for 30 minutes.

Nutritional Information:

Calories 210

Total Fat 6g

Sodium 50mg

Total Carbs 42g

Protein 2g