



Cuban-Style Baked Bananas

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

Equipment: 9x13 Baking Pan, Measuring Cups and Spoons

Utensils: Knife

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, chopped fruit

1/3 cup pecans, chopped (optional)

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Lightly spray a 9x13-inch pan with non-stick spray.
3. Arrange the split bananas in the pan.
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