



Healthy
Eating

Recipe of the week

Cinnamon Bananas

Ingredients

- 2 tsp raw honey
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- Nonstick cooking spray
- 2 large ripe bananas cut into ½-inch slices

Step 1

Combine honey, cinnamon, and nutmeg in a small bowl; mix well and set aside.

Step 2

Heat a medium nonstick pan, lightly coated with spray, over medium-high heat. Add bananas; cook, gently stirring, for 2 to 3 minutes.

Step 3

Add the honey mixture; cook, gently stirring, for 2 to 3 minutes, or until bananas are well coated and soft.
Serve immediately.