Baked Bananas

Source: The Cheese Trap by Neal Barnard, MD; recipe by Dreena Burton, chef, founder of plantpoweredkitchen.com

This recipe works for breakfast or dessert! Try topping with a sprinkle of toasted pecans or almonds.

About the Recipe

179 Calories · 2 g Protein · 5 g Fiber
Dessert

Ingredients

Makes 3 Servings

- 4 large ripe bananas, sliced lengthwise
- 1 1/2 tsp (30 mL) freshly squeezed lemon juice
- 1 tbsp (15 mL) coconut sugar
- 1/2 tsp (2.5 mL) ground cinnamon
- 1/16 tsp (0.3 mL) pinch iodized salt

Directions

1. Preheat the oven to 450 F (232 C). Line a baking sheet with parchment paper.
2. Place the bananas on the parchment and drizzle on the lemon juice.
3. Turn the bananas to coat in the juice. Sprinkle with the sugar, cinnamon, and salt.
4. Bake for 10 minutes, until the bananas are softened and caramelized. Serve warm and enjoy.

Nutrition Facts

Per serving (1/3 of recipe)

Calories: 139 kcal

Fat: 0.5 g

- **Saturated Fat:** 0 g
- **Calories From Fat:** 3%

Cholesterol: 0 mg

Protein: 1.5 g

Carbohydrates: 32 g

Sugar: 21 g

Fiber: 4 g

Sodium: 51 mg

Calcium: 12 mg

Iron: 0.5 mg

Vitamin C: 13 mg

Beta-Carotene: 53 mcg

Vitamin E: 0.2 mg