

# Baked Bananas

Source: The Cheese Trap by Neal Barnard, MD; recipe by Dreena Burton, chef, founder of [plantpoweredkitchen.com](http://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.&nbsp;
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