

Quick & Healthy Bananas Foster

Serving Size: 1 banana

Serves: 4

Ingredients:

2 tablespoons reduced-fat margarine
4 small bananas
2 tablespoons brown sugar
Dash ground cinnamon
1 tablespoon banana liqueur
½ cup fat-free, sugar-free, vanilla ice cream

Directions:

1. Melt the margarine in a small skillet. Cut the bananas in half and brown in the margarine.
2. Sprinkle the bananas with the brown sugar, cinnamon, and liqueur and set aflame. Serve blazing with ice cream.

Exchanges per serving:

2 Carbohydrate, ½ Fat

Nutrients per serving:

Calories: 145

Calories from fat: 28 %

Total Fat: 3 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 68 mg

Carbohydrate: 30 g

Dietary Fiber: 2 g

Sugars: 21 g

Protein: 2 g