



Sauteed Bananas

Step-by-step how-to with photos found at
Grateful Prayer Thankful Heart

INGREDIENTS

- 4 large bananas (select bananas that are firm and ripe or slightly under-ripe)
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1 tablespoon lemon juice
- 2 tablespoons unsalted butter

DIRECTIONS

Cut bananas crosswise into 1/2-inch slices.

Heat sauté pan over medium-high heat, add butter.

When butter is bubbly, add the bananas.

Using a heat-proof spatula or by holding the pan by the handle, toss the bananas every 10 seconds or so for 2-3 minutes until they begin to caramelize and brown but still hold their shape.

Reduce the heat to low and stir in the brown sugar, cinnamon and lemon juice until evenly coated.

Serving suggestions

- On a warm plate
- Topped with a scoop of ice cream
- On pancakes, French toast or waffles
- With a slice of angel food cake

