

Enjoy!

DELICIOUS GRILLED BANANAS

MATERIALS

Skillet, grill, or grill pan
Spatula or tongs

YIELD

Four servings

INGREDIENTS

2 bananas (not too ripe)
2 tablespoons honey
1 tablespoon ground cinnamon
2 cups water
4 tablespoons Greek yogurt

DISH: **DESSERT**

FOOD GROUP(S):
FRUIT, DAIRY



NUTRITION FACTS PER SERVING

Calories: 80, Total fat: 0g, Sodium: 0mg, Cholesterol: 0mg,
Total carbohydrates: 22g, Protein: 1g

DIRECTIONS

1. Preheat the grill or use a saucepan on the stove top.
2. Slice the bananas lengthwise. (Leave the skins on; make sure you wash with cool, running water before slicing.)
3. Place the sliced bananas into cool water for 20 minutes.
4. Take the bananas out of the water and pat dry.
5. Pour honey and sprinkle cinnamon on the bananas and place them on the grill.
6. The honey and cinnamon will turn into a glaze once they are hot.
7. Grill for 2 minutes or until grill marks appear on the bananas.
8. Top with yogurt.

CHEF'S NOTES

- ▷ Leave the banana in the skin and scoop it out with a spoon as you eat it.
- ▷ The honey and cinnamon create a yummy glaze, making these bananas a healthy alternative to a dessert like Bananas Foster.
- ▷ By topping it with yogurt, you include two food groups.
- ▷ Bananas are an excellent source of potassium, about 422 mg or 13 percent of the recommended daily intake. Potassium stimulates muscles, nerves, and brain cells, and can also help reduce blood pressure and the risk of stroke.

Recipe selected from the *2014 Dinner Tonight Cookbook*. For more recipes like this one, visit <http://dinnertonight.tamu.edu/>.

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