

Cinnamon Fried Bananas

- 2 bananas Slightly Overripe
- 2 tablespoons sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg

1. Slice the bananas into rounds, approximately 1/3 inch thick.
2. Combine the sugar, cinnamon, and nutmeg in a small bowl, set aside.
3. Heat a large lightly sprayed large skillet with nonstick spray.
4. Add the banana rounds and sprinkle 1/2 of the cinnamon mixture on top.
5. Cook for about 2-3 minutes.
6. Flip bananas, sprinkle with the remaining cinnamon mixture
7. Cook for 2-3 more minutes until the bananas are soft and warmed through.

