

Healthy Cinnamon Bananas

A great guilt free sweet treat that is also a perfect granola topping

Author: Elisa | Inthekitchenwithelisa

INGREDIENTS

(makes 1 portion)

- 1 banana (not too ripe)
- ground cinnamon
- olive oil or any other vegetable oil



DIRECTIONS

1. Peel and slice the banana into thick slices.
2. Lay the slices on a chopping board and sprinkle the top side with some cinnamon.
3. Heat a medium pan over medium heat and once warm cover the bottom with some olive oil. Lay the banana slices the cinnamon side down on the pan, sprinkle the top side with some cinnamon as well. Fry the banana slices for about a couple of minutes or until nicely golden, then flip around and also fry until golden on the other side.
4. Enjoy like that or on top of yogurt and granola or as a side to some pancakes.

TIP. I would suggest to use 1 banana for each portion. Also if you want to add some sweetness, you can sprinkle the banana slices with a little brown sugar.