Dinner Tonight!
Delicious Grilled Bananas

2 Bananas (not too ripe)
2 Tablespoons honey
1 Tablespoon ground cinnamon
2 cups water

Preheat grill or use a saucepan on the stove top. Slice the bananas lengthwise (leave skin on, make sure you wash with cool running water before slicing). Place sliced bananas into water (cool in temperature) for 20 minutes. Take bananas out of water and pat dry. Place honey and cinnamon on the bananas and place on grill. The honey and cinnamon will turn into a glaze once the heat is applied. Grill for 2 minutes or until grill marks appear on bananas.

Optional toppings:
Yogurt, nuts, chocolate chips, or anything that appeals to you

Preparation Time: 5 minutes
Cook Time: 2 minutes
Serves: 4

Nutrition facts per serving:
Calories: 80
Total Fat: 0 g
Cholesterol: 0 mg
Sodium: 0 mg
Total Carbohydrate: 22 g
Protein: 1g

Serve with: yogurt or low fat ice-cream