
Spiced Baked Bananas

Joan Reifler - New York

North American Potpourri - Autism Directory Service, Inc - 1993

Servings: 6

3 tablespoons brown sugar

1/4 teaspoon cinnamon

1/4 teaspoon nutmeg

1/4 teaspoon ground cloves

1/2 teaspoon grated orange peel

1/4 cup orange juice

3 firm bananas

1 1/2 tablespoons lime juice

1 tablespoon butter

honey

In a bowl, mix the sugar, spices, orange peel and orange juice.

Cut the bananas in half, lengthwise. Dip the banana pieces in lime juice. Arrange the bananas in a 10 x 6 x 2-inch baking pan. Pour the remaining lime juice over the bananas.

Pour the spice mix over the bananas. Dot with butter. Drizzle with honey.

Bake at 350 degrees for 20 to 30 minutes.

Dessert

Per Serving (excluding unknown items): 41 Calories; 2g Fat (42.1% calories from fat); trace Protein; 6g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 22mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.