

Broiled Banana Splits

Ingredients

4 bananas
1 tablespoon brown sugar
1/2 teaspoon cinnamon
1 tablespoon melted butter
Topping: frozen yogurt, toasted almonds,
chopped chocolate and/or berries

Directions

1. Mix brown sugar with cinnamon. Cut bananas in half lengthwise; brush with melted butter and sprinkle with cinnamon sugar mix.
2. Wrap in foil and broil until golden, about 3 minutes.
3. Add toppings.



Makes 10 servings

Nutrition information per serving:

*295 calories, 8g fat, 7g protein
53g carbohydrates, 108mg sodium*