



Recipes

Desserts

Baked Bananas

Prep Time: 5 minutes

Cooking Time: 15 minutes

Yield: 4 servings

Ingredients:

- 4 firm bananas
- 1 teaspoon olive oil
- 1-inch piece grated fresh ginger
- 1 tablespoon cinnamon
- 1/2 tablespoon nutmeg
- 1/2 cup raisins

Directions:

1. Preheat oven to 375 degrees.
2. Peel and cut bananas in half, lengthwise.
3. Oil a baking pan and arrange bananas.
4. Sprinkle with cinnamon, nutmeg and raisins.
5. Cover and bake for 10 to 15 minutes.

Note:

Wonderful with chocolate sauce.