

Grilled Bananas for

Ingredients

- 2 Bananas
- 2 tbl. Stevia
- 2 tsb. Ground Cinnamon
- 2 tbl. Honey

Directions

Preheat oven or stove top to 350 or medium. Slice the bananas, in their skins, in half crosswise and then lengthwise so each banana yields 4 pieces, Set aside on a clean platter. In a small bowl, combine the sugar and cinnamon. Drizzle the honey. On the cut sides of the bananas and sprinkle them with the cinnamon sugar. Let the bananas sit for 5 minutes. Place the bananas, cut-side down, on the center of a clean cooking cast iron skillet and cover. Grill for 2 minutes or until grill marks appear. Using a pair of long-handled tongs, turn them over and cook 5 more minutes, or until the skin pulls away from the bananas. Remove the bananas from the grill and serve them immediately

