

Recetas Con Miel



“Fried” Honey Banana

Ingredients:

- 1 banana, sliced
- 1 tablespoon honey
- Cinnamon
- Olive oil or coconut oil

Instructions

Lightly drizzle oil in a skillet over medium heat.

Arrange banana slices in pan and cook for 1-2 minutes on each side.

Meanwhile, whisk together honey and 1 tablespoon of water.

Remove pan from heat and pour honey mixture over banana.

Allow to cool and sprinkle with cinnamon.