

Greaseless Banana Q



Makes:

15 servings, 1 banana each

Utensil:

12" Electric Oil Core Skillet

Rate ★★★★★

Recipe:

Contributed By:

Malou Ronquillo
PPTI Sales Consultant

[Write a Review](#)

15 Cardava bananas (Saging na Saba)
1 cup
brown sugar
(220
g)
¼ cup
sesame seeds
(35
g)

Directions:

1. Place bananas in skillet and sprinkle sugar over top. Stir to combine and cover.
2. Set temperature to 375°F/190°C and cook for 20 minutes.
3. Once bananas soften, add sesame seeds and stir to combine.
4. Serve warm.

Nutritional Information per

▼ Serving

Calories: 192
Total Fat: 2g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 4mg
Total 47g
Carbs:

Dietary Fiber: 4g
Sugar: 14g
Protein: 2g
