

## Diet for a Pain Free Life

### Recipe 101

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*simply fruit*

### Caramelized Bananas

#### Ingredients

- 2 teaspoons margarine
- 3 tablespoons brown sugar Splenda
- 1 tablespoon fresh ginger, chopped
- 4 ripe firm bananas, peeled, cut in half lengthwise, cut in half crosswise
- 1½ cups low-fat vanilla frozen yogurt
- 2 pieces caramelized ginger, crumbled

Melt margarine in a heavy nonstick skillet over medium heat. Stir in brown sugar until melted. Add ginger and cook 30 seconds, stirring constantly until ginger becomes fragrant and turns golden. Add banana pieces and cook 45 seconds per side or until light brown. Transfer bananas to a serving dish. Add a scoop of frozen yogurt and crumbled caramelized ginger.

Makes 4 servings.