

New Orleans Bananas Foster

INGREDIENTS

- ¼ c orange juice
- 1 Tbsp lemon juice
- 4 Tbsp butter
- ½ tsp nutmeg
- 1 tsp cinnamon
- 4 Tbsp brown sugar
- ⅓ c light rum
- 4 bananas - quartered

DIRECTIONS

1. In a medium size saute pan combine orange juice, lemon juice, butter, nutmeg, cinnamon and brown sugar.
2. Stir over medium heat until butter is melted and sugar is dissolved.
3. Add rum, being careful as it may flame up.
4. Simmer for 1 minute. Add bananas and simmer for an additional 2 minutes.
5. Serve straight up, over vanilla ice cream or french toast.



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HEALTHY SWAPS

- **Lower Fat:** Use low fat butter spread such as Smart Balance Light and reduce to 4tsp. 210 Calories. 2g Fat (1g Saturated fat, 0mg Cholesterol.) 95mg Sodium. 38g Carbohydrates (3g Fiber, 25g Total sugar.) 2g Protein.
- **Lower Carbohydrate:** No substitutions recommended.
- **Lower Sodium:** Use unsalted butter to reduce sodium to 7mg.
- **Dairy-free:** Recipe is dairy-free as is. If serving with ice cream, ensure ice cream is dairy-free.
- **Gluten-free:** Recipe is gluten-free as is.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	4 servings per container	Total Fat 12g	15%	Total Carbohydrate 38g
Serving size 1 Cup	Saturated Fat 8g	40%	Dietary Fiber 3g	11%
Calories per serving	Trans Fat 0g		Total Sugars 25g	
	Cholesterol 30mg	10%	Includes 0g Added Sugars	0%
290	Sodium 95mg	4%	Protein 2g	4%
	Vitamin D 0mcg	0%	Calcium 20mg	2%
	Potassium 475mg	10%	Iron 0.4mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.