



VEGAN PAN-FRIED CINNAMON BANANAS

A luscious way to prepare this staple in every vegan diet!

INGREDIENTS

- 2 bananas
- 2 Tbsp sugar
- 2 tsp cinnamon
- $\frac{1}{4}$ tsp nutmeg
- truwhip Vegan
- Slivered almonds, optional

DIRECTIONS

1. Mix sugar and spices in a small bowl. Slice bananas about $\frac{1}{3}$ - $\frac{1}{2}$ inch thick and toss in the mixture.
2. Spray a pan with coconut oil and heat on medium heat.
3. Add bananas and cook for 2-3 mins and then flip for another 2-3 mins. 4. Serve in a bowl with truwhip Vegan and garnish with almonds.

PREP TIME

- Prep | 5 m
- Cook | 4-6 min
- Ready in | 10 min
- Serves | 1-2