



Bananas Foster

An ole New Orleans Favorite

Number of Servings: 6

Calories Per Serving: 235

CPF Ratio: 64-6-25

Cooking Instructions

Mix Omega Butter Spread (or other heart healthy butter spread), and brown sugar in saucepan. Cook over medium heat until it is carmelized. Cut bananas into quarters, add and cook until tender. Add cinnamon and liqueur; stir. Add rum to top of mixture. DO NOT STIR. Light with match. Spoon over vanilla low-fat yogurt while flaming.

Recipe Exchanges:
 2 Other Carbohydrates
 1/2 Fruit
 1 Fat

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
OMEGA BUTTER	No Trans Fats	2 tbsp	28
SUGAR, BROWN	packed	4 tbsp	55
BANANA, RAW	extra small, less than 6" long	3	243
CINNAMON, GROUND		1 tsp	2
BANANA LIQUEUR		1 tbsp	16
RUM, 80 PROOF		1 fl oz	28
FROZEN YOGURT	Vanilla, Fat Free	3 cups	402
	Recipe Total:		774
	Single Serving Total:		129

Nutrition Information	
Serving Size: 1/6 of recipe (134g)	
Servings: 1	
Amount Per Serving	
Calories 235	Calories from Fat 58
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 112mg	5%
Total Carbohydrate 38g	13%
Dietary Fiber 1g	5%
Sugars 30 g	
Protein 4 g	
Vitamin A 9%	■ Vitamin C 6%
Calcium 32%	■ Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet