

## **Spiced Baked Bananas**

3 small, very ripe bananas, peeled  
vegetable cooking spray  
4 tsp granulated brown sugar substitute  
2 tsp grated lemon rind  
1/2 tsp vanilla extract  
1/8 tsp ground cinnamon

Cut bananas in half lengthwise. Place bananas in an 11x7x2-inch baking dish coated with cooking spray. Sprinkle with brown sugar substitute and remaining ingredients. Bake at 350 degrees for 15 to 20 minutes or until thoroughly heated. Serve warm.

Makes 6 Servings

Nutrients per Serving:  
43 Calories  
11 g Carbohydrate  
trace of Protein  
trace of Fat  
1 g Fiber