



## Bananas Foster

**Prep: 10 minutes**

**Cook: 8 minutes • Serves: 4**

- ½ cup packed light brown sugar
- ½ cup refrigerated orange juice
- 2 tablespoons buttery spread (such as Smart Balance)
- ½ teaspoon ground cinnamon
- 2 large ripe bananas, peeled, cut lengthwise in half then cut crosswise in half
- ⅛ teaspoon almond extract
- 2 cups frozen nonfat vanilla yogurt

**1.** Heat large skillet over medium heat. Add brown sugar, orange juice, buttery spread and cinnamon, and heat to boiling over medium-high heat, whisking occasionally; reduce heat to medium. Add bananas and cook 4 to 5 minutes or just until soft; stir in almond extract.

**2.** In each of 4 small bowls, place ½ cup frozen yogurt; spoon 2 pieces banana and 3 tablespoons sauce over and around frozen yogurt in each bowl.

*Approximate nutritional values per serving:*

*303 Calories, 5g Fat (2g Saturated), 0mg Cholesterol, 102mg Sodium, 64g Carbohydrates, 2g Fiber, 4g Protein*