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## Baked Cinnamon Bananas ·•

Baked Cinnamon Bananas is a delicious and healthy dessert option. It is made by baking ripe bananas with a sprinkle of cinnamon, which enhances the natural sweetness of the fruit. The dish is often served warm and can be enjoyed on its own or as a topping for yogurt, ice cream, or oatmeal. Baked Cinnamon Bananas are a popular choice for breakfast or as a guilt-free snack.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

400 g	Ripe bananas
2 tsp	cinnamon

# Directions

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## Step 1

### Preheating

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

### Cutting

Peel the bananas and cut them into thick slices.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

### Baking

Place the banana slices on a baking sheet lined with parchment paper.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 4

### Sprinkling

Sprinkle cinnamon evenly over the banana slices.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

### Baking

Bake in the preheated oven for 15 minutes or until the bananas are soft and golden.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 6

### Cooling

Remove from the oven and let cool slightly before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 96 kcal

**Fat:** 0 g

**Protein: 1 g**

**Carbohydrates: 25 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	14 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1 mg	0.04%	0.04%
Calcium	1 mg	0.1%	0.1%
Iron	1 mg	12.5%	5.56%
Potassium	358 mg	10.53%	13.77%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
Game Day

### Meal Type

Brunch Lunch Snack Supper

### Difficulty Level

Medium

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