

# BANANA WITH HONEY

## INGREDIENTS

1 banana, peeled and halved lengthwise

1 tablespoon sesame oil

Pasteurized honey

## PREPARATION

1. In a skillet, add sesame oil.
2. Cook the banana over medium heat for 4-5 minutes on each side until softened.
3. Serve with a drizzle of pasteurized honey. You can add ice cream.

[apainintheback.org](http://apainintheback.org)

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