

Grilled Banana Slam

Totals for one serving (serves 2):

Calories 150 Fat .5g Fiber 2.5g Carbs 38g

What You'll need:

Butter flavor cooking spray

1 Banana (overripe doesn't work as well, so make sure it's ripe but not TOO ripe)

1 Peach chopped (I leave on the skin but this is a personal choice)

5 Dates chopped

½ tsp Brandy

1 T Honey

Outdoor grill OR indoor skillet

Grill grid, if using a grill

Now let's get to grilling!

1. Spray CLEAN grill grid with butter flavor cooking spray.
2. Fire up grill to med heat and place grid on the grill.
3. Peel banana and place on one side of grill grid whole.
4. Place chopped peach and dates on the other side of the grill.
5. Allow banana to turn light brown on both sides as you toss dates and peaches while they get toasty.
6. Put brandy and honey in small Pyrex bowl and heat on the grill for the last 1-2 minutes of grilling. Once the chopped peach and dates are hot and the banana is light brown, place banana on a plate and cut in half and top with half of the peaches and hot dates! Place the other half of the banana on another plate and top it as well. Drizzle honey and brandy mixture on top of both dishes and serve immediately! YUM!

When you pour the honey and brandy over the fruit be sure to take in a DEEP breath because this is a WONDERFUL aroma the brandy makes!!

Can you believe that you just GRILLED a dessert! And wait till you taste the dates! They get almost crunchy on the grill so such a treat mixed in with the hot peaches and toasty banana!

My appearance on "Grill It! With Bobby Flay", inspired this **Kitty's Lighter Weigh** recipe. This isn't the one I ultimately cooked on the TV show, but I created it for that very appearance!