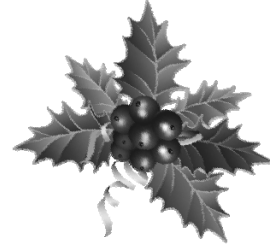


## Bananas Foster with Frozen Vanilla Yogurt

*This is yummy!*

1/2 c. packed light brown sugar  
1 Tbsp. cornstarch  
1 c. water  
1 to 2 tsp. rum flavoring  
2 tsp. vanilla  
1/2 tsp. ground cinnamon  
4 medium bananas, peeled and sliced  
1/3 c. toasted chopped pecans  
2 c. frozen low-fat vanilla yogurt



1. Mix brown sugar and cornstarch in small saucepan; stir in water. Cook over medium heat until thickened, stirring constantly.
2. Reduce heat to low; stir in rum flavoring, vanilla and cinnamon.
3. Gently stir in bananas and simmer 1 to 2 minutes or until bananas are warm; add pecans.
4. Serve warm over frozen yogurt.

Yield: 8 servings

Nutritional Information: Per serving:

Calories: 191  
Total Fat: 4.6 g  
Cholesterol: 0 mg  
Carbohydrates: 37.5 g  
Protein: 2.3 g  
Sodium: 31 mg