

Stimulating Dessert

Ingredients:

- 4 bananas halved lengthwise, then in half
- 2 tbs coconut oil or organic butter
- Pinch of ground cardamom (I like cinnamon and nutmeg instead)
- Pinch of Himalayan salt
- Lime

Directions:

Heat some coconut oil over moderately high heat and sauté bananas, turning over once (approx 1-2 min per side). Heat remaining oil, add stevia, cardamom and pinch of salt, stirring for about 2 min. Pour over bananas and sprinkle with some lime.