

Low-Point Ice Cream with Carmeled Bananas

Ingredients:

- 3 bananas (firm yellow), peeled and sliced
- 3 Tbs butter - I used both Land O Lakes Light Butter with Canola Oil and also Imperial stick butter. Yes, I've already made this twice! (Both turn out the same amount of points.)
- 3 Tbs light brown sugar
- Breyers Extra Creamy fat-free vanilla ice cream

Heat butter over medium-high heat in a saucepan. Add brown sugar and stir until dissolved. Combine bananas, coating thoroughly. Remove and place on top of ice cream hot or cooled. Amazing both ways!

Serving size - 1/2 cup ice cream with 1/4 cup banana topping
Points per serving - 3.5

NOTE: Banana topping total servings is 6, 1/4 cups.

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Each person comes into this world with a specific destiny -- he has something to fulfill, some message has to be delivered, some work has to be completed. You are not here accidentally -- you are here meaningfully. There is a purpose behind you." - Osho