

# RECIPE OF THE WEEK: PALEO EDITION

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## Grilled Bananas

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### Ingredients:

2 bananas, quartered – leave peels on  
Cinnamon  
Coconut Oil (if desired)

### Instructions:

Brush the open side of the banana with coconut oil if desired then sprinkle on cinnamon to taste. Grill open side down (peel up) for 2-4 minutes, flip and grill peel down for another 2-4 minutes or until the peel starts to separate from the fruit. Remove from the grill and serve. It's fun to eat it right out of the peel.

Easy!

Compliments of [everydaypaleo.com](http://everydaypaleo.com)

