

# Banana Jam Crescent Rolls



Don't you always have bananas on your counter that are screaming to be used? Well, somehow I always find them looking at me and begging to be used...as a matter of fact we are not buying them at Costco anymore because it is too many for us, so we just buy by units at Trader Joe's. Once in a while I find myself stuck with a couple of them...

This time I decided to make banana jam, sort of, with some cinnamon and fill the crescent rolls with it...and if you have left over, these are delicious over vanilla ice cream, on a toast, pancake...almost like banana foster.

## ***Ingredients:***

2 ripe bananas

$\frac{1}{4}$  cup sugar

$\frac{1}{4}$  cup water

1 tablespoon lemon juice  
½ teaspoon cinnamon  
1 tube of crescent rolls





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### **Method:**

Cut the banana into approximately  $\frac{1}{2}$  inch size.

In a small pan place all the ingredients except for the crescent and turn the stove to medium low heat. Stir occasionally until the banana mix is slightly thick, cook for about 6 minutes.

Remove from the heat and let it cool.

In the meantime, preheat oven to 350F.

Remove the crescent dough from the tube and gently separate the triangles.

Place about 2 to 3 tablespoon of the banana jam on the

crescent roll, spreading evenly.

Roll from the wider side of the triangle tip.

Place the rolls on a silicon mat and bake for approximately 14 minutes or until slightly golden brown.

Serve warm or cold.





I hope you give a try to this simple and delicious recipe for banana jam. If you have lots of ripe banana, you might want to try Light Banana Loaf or Banana Muffins with Walnuts.

Did you know that banana contains dietary fibers? And it is a good source of vitamin C, potassium and manganese, but the majority of the calories are derived from sugars.

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and have a great week!***