

Maduros



- 3 medium plantains, ripe
- 3 c skim milk
- 2 cinnamon sticks
- 1/3 c agave nectar
- 1/2 c packed dark brown sugar
- 1 t vanilla

Preheat the oven to 350F. Peel the plantains and slice them on a bias to about 1-1/2" thickness. Place plantains and milk in a medium sauce pan and bring to a boil. Reduce to a simmer until plantains are tender, about 10 minutes. Next add the cinnamon sticks, agave, brown sugar and vanilla and simmer for another 5 minutes. Pour the contents of the sauce pan into a small, greased baking dish and bake for 30 minutes. Serve maduros on their own, over vanilla ice cream or French toast.