



Banana Caramel Egg Rolls



1/2 of recipe (1 egg roll): 137 calories, 2g total fat (0.5g sat fat), 152mg sodium, 29g carbs, 2g fiber, 9g sugars, 2.5g protein

Freestyle™ [SmartPoints®](#) value 3*

Prep: 5 minutes **Cook:** 10 minutes

Tagged: [Dessert Recipes](#), [Meatless Recipes](#), [30 Minutes or Less](#)



Ingredients

- 1 medium banana
- 2 large square egg roll wrappers (stocked with the tofu in the refrigerated section of the market)
- 2 tsp. light whipped butter or light buttery spread
- 1/8 tsp. cinnamon
- 1 tsp. light caramel dip (like [the kind by Marzetti](#))

Directions

Slice banana in half crosswise, for a total of 2 pieces.

Lay an egg roll wrapper flat on a dry surface. Place a banana half a little below the center of the wrapper.

Moisten all four edges by dabbing your fingers in water and going over the edges smoothly. Fold the sides about 3/4 inch toward the middle, to keep banana in place. Roll up the wrapper around the banana and continue to the top. Seal with a dab of water.

Repeat to make a second egg roll.

In a small microwave-safe bowl, mix butter with cinnamon. Microwave for 10 seconds, or until melted. Evenly brush over egg rolls.

Bring a skillet sprayed with nonstick spray to medium heat. Rotating occasionally, cook egg rolls until golden brown and crispy, about 6 minutes.

Drizzle with caramel.

MAKES 2 SERVINGS

HG Tip: If needed, microwave caramel in a small microwave-safe bowl for 10 seconds, or until easy to drizzle.

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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