



Maduros

SERVINGS 4 ⌚ **PREP TIME** 10 min **COOK TIME** 25 mins

INGREDIENTS

- **La Fe Frozen Sweet Plantains**
- 2 tbsp melted coconut oil
- 1-2 tbsp **La Fe Brown Sugar** (Adjust to how sweet you want them to be)
- 1 tsp ground cinnamon
- 1/4 tsp fine grain sea salt

DIRECTIONS

1. Preheat the oven to 375 degrees.
2. Put the plantains in a bowl and toss with the melted coconut oil. Line a large baking sheet with parchment paper, and spread the plantains in a single layer onto the parchment.
3. In a small bowl, combine the **La Fe Brown Sugar**, cinnamon and salt. Sprinkle the mixture evenly over the plantains.
4. Bake in the preheated oven for about 5-8 minutes, turning once after about 2-4 minutes. Check them often to make sure they don't burn.
5. Remove from oven, let cool, and serve warm!