



## March 18- Baked Banana Chips

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=478058>

### Recipe

*Ingredients:*

- 4 bananas, thinly sliced
- 4 Tablespoons orange juice

*Directions:*

1. Peel and slice banana thinly. Dip each slice lightly in orange juice.
2. Lay bananas on baking sheet and bake at 250°F for 15-20 minutes, or until crisp.

Yield 4 servings

### Nutrition Facts

Serving Size 1 banana (133.5g)  
Servings Per Container 4

Amount Per Serving

**Calories** 120      Calories from Fat 0

% Daily Value\*

**Total Fat** 0g      1%

Saturated Fat 0g      1%

*Trans Fat*

**Cholesterol** 0mg      0%

**Sodium** 0mg      0%

**Total Carbohydrate** 29g      10%

Dietary Fiber 3g      12%

Sugars 16g

**Protein** 1g      3%

Vitamin A 2%      •      Vitamin C 30%

Calcium 0%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.