

Ingredients:

Sweet Banana Treat Image not found or type unknown

6 bananas, peeled and halved lengthwise
2 Tablespoons soft tub margarine, melted
2 Tablespoons orange juice
2 Tablespoons honey*
1/2 teaspoon cinnamon

Honey should not be fed to infants less than one year of age.

Directions:

1. Wash hands with soap and warm water.
2. Preheat oven to 325°F.
3. Place bananas in baking dish.
4. Mix together melted margarine, orange juice and honey.
5. Pour over bananas.
6. Sprinkle cinnamon on top.
7. Bake bananas for 15 minutes.

Nutrition Facts (Per Serving)

calories, 167; carbohydrate, 36 g; protein, 1 g; total fat, 4 g; saturated fat, 1 g; trans fat, 0 g; cholesterol, 0 mg; fiber, 3 g; total sugars, 25g; sodium, 37 mg; calcium, 3 mg; folate, 2 mcg; iron, 0 mg; percent calories from fat, 22%.

Makes 6 servings, 1/2 banana each

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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