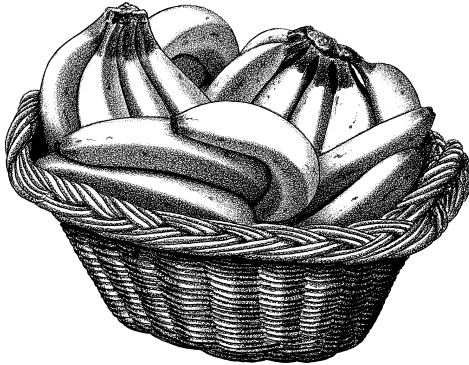


Crunchy Bananas

Serves 8

1 cup (about 14 squares) graham crackers
or cereal, low fat, crushed
½ cup orange juice
4 bananas, peeled, cut into 1-inch slices



1. Put graham crackers or cereal in a bag.
2. Crush with a rolling pin, plastic glass or can.
3. Pour crushed graham crackers or cereal pieces onto a plate.
4. Pour orange juice into a saucer or shallow bowl.
5. Cut bananas into 1-inch slices.
6. Using a toothpick, dip banana slices in orange juice and then into cereal.

TIP:

- Try using fruits in season such as apples or strawberries for a different taste and texture.

Nutrition Facts:

Serving size: ½ banana; Calories: 115; Fruits and Vegetables: ½ serving; Fat: 1.5 g; Fiber: 2.4 g



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