

# Recipe for

## **BANANA CHIPS**

EQUIPMENT NEEDED Cutting board, knife, baking sheet, parchment paper

SERVES 2-3 ESTIMATED COST \$3.50 COST PER SERVING \$1.16-1.75

### **INGREDIENTS**

- 3-5 ripe bananas, sliced
- 1 ea lemon, juiced
- pinch of sea salt
- 1 Tbs olive oil

### **METHOD OF PREPARATION**

1. Preheat oven to 250°F
2. Line baking sheet with parchment paper and lightly grease with olive oil
3. Toss bananas in lemon juice until completely coated
4. Arrange bananas in a single layer on baking sheet and sprinkle sea salt on top
5. Bake for one hour or until tops are firm and slightly brown. Once firmed flip bananas to opposite side and cook for an additional hour.
6. Remove from baking sheet to stop cooking process and allow to completely cool before you eat them. Store in airtight container to help preserve the crunch.



# Recipe for

## NUTRITION INFORMATION

### Banana Chips

## Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
<b>Calories</b>	530.4 kcal	27 %
<b>Total Fat</b>	2 g	3 %
Saturated Fat	0.7 g	3 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	74.6 mg	3 %
<b>Total Carbohydrate</b>	136.4 g	45 %
Dietary Fiber	15.4 g	62 %
Sugars	72.8 g	
<b>Protein</b>	6.5 g	13 %
<b>Vitamin A</b>	8 % • <b>Vitamin C</b>	101 %
<b>Calcium</b>	3 % • <b>Iron</b>	9 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at [cronometer.com](http://cronometer.com)

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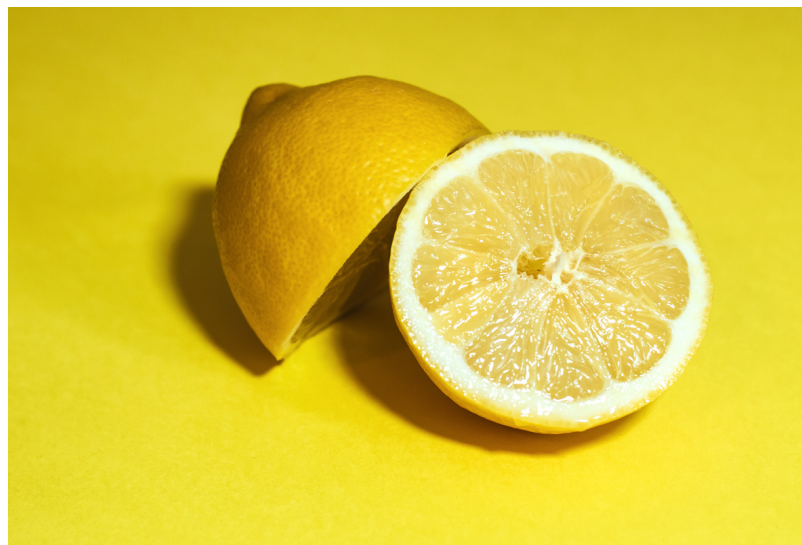
## HEALTH BENEFITS

**Lemons**- are high in vitamin C which have antioxidant properties that work with your immune system to help destroy free radicals and fight pathogens such as virus and bacteria in the body.

## BANANA CHIPS

## HEALTH BENEFITS

**Bananas**- are high in potassium, vitamin B6, and fiber. Potassium is an essential electrolyte which the body needs to help send nerve impulses, allow for muscle contraction and move nutrients/waste products out of cells.



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