



BANANA IN THE OVEN

INGREDIENTS

- 2 medium units (7" to 7-7/8" long) of bananas, raw (236 g)
- 1 tbsp of honey (21 g)
- 1 tsp of vanilla extract (4 g)
- 1 unpacked tsp of sugars, brown (3 g)
- 2 slices of bread, white, commercially prepared (includes soft bread crumbs) (58 g)

COOKING METHOD

- 1° Heat up the oven to 150° Make a cut over the whole length of the banana drizzle the honey and vanilla over the cutter side, and put the sugar on top
- 2° Cut the bananas (still leave the peel on) in slices
- 3° put in the oven for 10 minutes
- 4° Takes out of the oven, scoop banana out of the peel on the your bread (toasted or not)
- 5° Hint: you can also add some cinnamon if you like the taste

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	140 kcal	7 %
PROTEIN	2 g	5 %
CARBOHYDRATE	32 g	12 %
SUGARS	16 g	18 %
FAT	1 g	1 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 %
FIBER	2 g	10 %
SODIUM	90 mg	4 %