

## Ingredients:

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

Sweet Banana Treat  
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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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