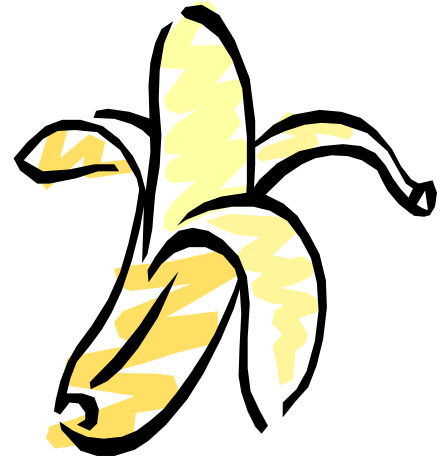




BANANA SNACKS

Serves 1

- 1 banana, peeled
- 1 cinnamon graham cracker



Place graham cracker into a small sandwich baggie and seal the bag. Crush cracker into fine crumbs. Open bag and add 1 banana, split into two pieces. Seal the baggie and shake until the banana is coated with cracker crumbs.



| | |
|------------------------|-----|
| Calories | 164 |
| Calories from fat | 16 |
| Total Fat (g) | 1.8 |
| Protein (g) | 2 |
| Total Carbohydrate (g) | 38 |
| Fiber (g) | 3 |