

'Bee Sweet' Banana Treat

What You'll Need

6 bananas, peeled and halved lengthwise

2 tablespoons soft tub margarine, melted

2 tablespoons orange juice

1/4 cup honey

Serves 6

Let's Cook!

- 1 Preheat oven to 325 degrees.
- 2 Place bananas in a shallow baking dish.
- 3 Mix together melted butter, orange juice and honey, and pour over bananas.
- 4 Bake bananas for 15 minutes.

Nutrition Facts

Serving Size (142g)

Servings Per Container 6

Amount Per Serving

Calories 190 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 0mg **0%**

Total Carbohydrate 39g **13%**

Dietary Fiber 3g **12%**

Sugars 25g

Protein 1g

Vitamin A 4% • Vitamin C 20%

Calcium 0% • Iron 2%

