



Banana Fandango

INGREDIENTS:

5 Ripe bananas, sliced
1/4 cup Raisins
1/4 cup Orange juice
1/4 cup Unsweetened pineapple chunks (optional)
1/8 tsp Cloves
1/8 tsp Nutmeg
1/4 tsp Cinnamon

PREPARATION:

- Combine all ingredients in a large pot and cook slowly over low heat, about 25-30 minutes or until heated throughout, stirring often.
- May also be baked at 350°F for 25-30 minutes.
- Serve hot or cold.

Number of servings:	10
Serving Size:	1/4 cup
Calories:	75
Fat Grams:	0

