



## 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.

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

