Crunchy Bananas
Makes 4 servings

Ingredients:
- 2 medium sized bananas, cut in ½ inch pieces (about 20 slices total)
- ½ cup no pulp orange juice
- 1 cup unsweetened cereal, crushed in a zip top bag

Directions:
1. Dip banana chunks into orange juice.
2. Place cereal in a large zip top bag. Crush by using a jar, glass or rolling pin to roll over and crush the cereal.
3. Roll banana chunks in crushed cereal.

Source: Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection, 2006